PRETTY GRITTY GIRLS, 4 | EDUCATION, 28 | LIVING SPACES, 41

west hartford
LIFE

July 2016 • TurleyCT.com
A product of TurleyCT
Community Publications
VOLUME 3, EDITION 10

Pilot Program

New opportunities for individuals with intellectual disabilities

See story on page 28

big sky
Embrace the journey . . .
NEVER GIVE UP !
VOTED BEST!
CTNOW ★ BEST ★ OF HARTFORD READERS' POLL 2016
join today !
bigskyfitness.com

PRSRT STD
US POSTAGE
PAID
PALMER, MA
PERMIT #22

Movies, Music & More!

WEEKENDS IN JULY AND AUGUST

JULY 9
Hotel Transylvania 2

JULY 16
Aladdin

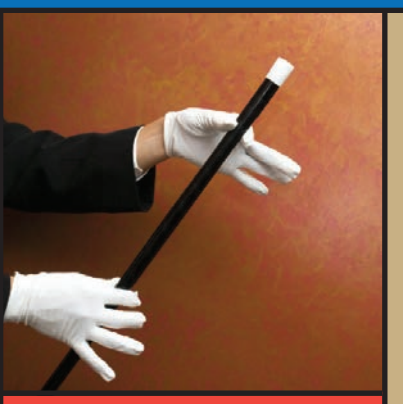
JULY 23
The Good Dinosaur

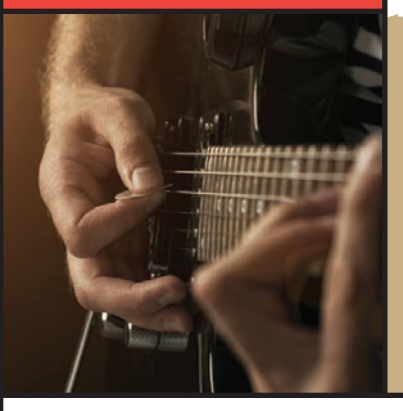
July 30
Minions

AUGUST 6
Cinderella (2015)

AUGUST 13
Inside Out

AUGUST 20
Zootopia

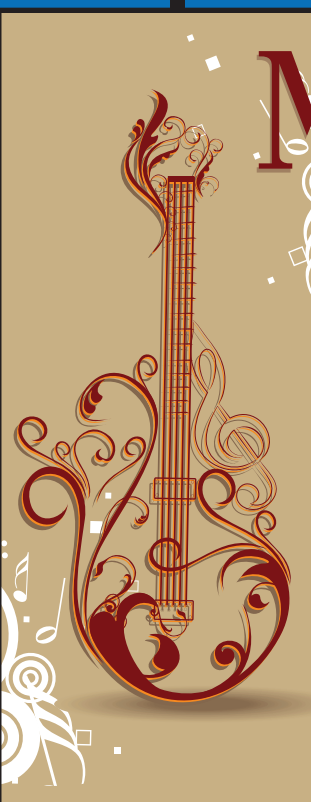




MOVIES BEGIN AT SUNSET
IN THE MAIN PARKING AREA
NEAR THE BARN

PRE-SHOW ENTERTAINMENT
6-8 PM

MUSIC



JULY 8
Nicole Zuraitis Trio

JULY 15
Mother Ton

JULY 22
Scott Pomeroy Band

JULY 29
Grace Morrison

AUGUST 5
Molly Madigan

AUGUST 12
Jim Libby Band

AUGUST 19
Dan Gable's High Society Orchestra

Jammin' on Jim Brook

Jim Brook Courtyard
Fridays • 7-9 pm

WE ARE PROUD TO SUPPORT

Gifts of Love
Families Helping Families

OUR SPONSORS

96.5 TIC FM

Lite 100.5 FM WRCH

THE SHOPPES at Farmington Valley

Route 44 - Canton, CT • 860-693-3059 • www.TheShoppesAtFarmingtonValley.com

west hartford LIFE

July 2016
Read online: TurleyCT.com

540 Hopmeadow Street
Simsbury, CT 06070
t 860-651-4700
TurleyCT.com

QUOTE OF NOTE:

"I never did this for money or fame; I always did it because it called out to me." –*Chef Adam Greenberg*

See story page 24

ON THE COVER

Dr. John Molteni, associate professor and director of the Institute for Autism and Behavioral Studies at the University of Saint Joseph meets with Jamie Roland, who will participate in the new QUEST (Quality University Experience and Supported Transition) pilot program that his mother championed.

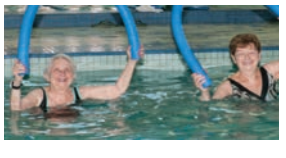
Photo by Lisa Brisson
See story page 28

4 Pretty Gritty Girls
7 Acts of kindness mark 50th anniversary
11 Jasmine Dang holds Taekwon-Do title
16 Humanitarian defends capitalism
20 Greg Winfrid releases solo CD
24 'Chopped' winner Adam Greenberg
28 Education LIFE
34 Hiking the Metacomet Trail
41 Living spaces

Imagine the Possibilities…

Hoffman SummerWood Community is CT's premier senior living rental community offering fine kosher dining and a wealth of other amenities including memberships to the Mandell JCC, the University of Hartford's Presidents' College, and the West Hartford Senior Center.

For more information call 860-523-3808 or visit www.hoffmansummerwood.org.



Hoffman SummerWood Community
A Member of the Hebrew HealthCare Family

160 Simsbury Road, West Hartford www.hoffmansummerwood.org

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

Custom Sheds

Talk to us. Tell us what you need. We can make it happen.

Our Outdoor Sales team will be happy to provide you with information on pricing, the process, and how to get started!

CALL TODAY FOR A FREE DESIGN CONSULTATION!

KLOTER FARMS

KloterFarms.com 860-871-1048 216 West Rd, Ellington
FREE DELIVERY in CT, MA, RI $1500 min., extra charge for Cape Cod, MA.

Pretty Gritty Girls

Seven friends turn their text chain into blog, website, Facebook page and television spot

by Lynn Woike
Editor

Photo by Lynn Woike

For nearly two years, seven West Hartford women have kept a group text chain going. Each day there are at least 15-20 texts. There can be 50 in two hours; 206 was their one-day record.

It started with Cara Riddle and Melissa Harhay, who had known each other since first grade and were maids of honor at each other's wedding. Within a week, other existing friendships merged, including Mary Keany who was friends with Harhay who was friends with Johanna Peck who was friends with Monica Lamoureux who was friends with Erica Black and Kristen Hanley.

"We just clicked," Lamoureux said.

The thread has never stopped, but rather has grown into a blog and regular appearances on "Better Connecticut."

The women, who are scattered throughout town, range in age from 37 to 43. Some work full time, others part time, and some are not employed. Together they have a total of seven husbands and 17 children ages 2-9 who attend three different elementary schools.

When they are all together, they function as a unit with interchangeable parts. There is always a lot of laughter, ribbing, sharing and caring.

Each knows she can call on any of the others for anything, anytime. There's nothing they won't do for each other.

Harhay tells the story about the night she texted that someone else had finished the bottle of wine she had been saving for herself and Black drove up five minutes later and handed a bottle out the car window.

Lamoureux talked about how, after her mother died, she said she wanted to be left alone, but all six friends showed up anyway, intuitively knowing that's what she most needed.

"It's a family," Black said.

The women agreed they were like sisters and that there was a lack of drama among them. They all also have other groups of friends, belong to different book clubs and pursue varied interests.

When they are together, however, it's different. It's special and they treasure it.

Their husbands all get along and their kids all love each other.

As a family, they kick off Memorial Day weekend with a barbecue on friday night, and then just the seven hit the outlets for a day of shopping. This year, their husbands and children all got together while they were shopping.

In May, there was a trip to Disney World. Keany planned to celebrate her daughter's cancer survivorship there, and others in the group had also talked about going at one time or another. Five families decided to go together, and while they didn't plan to spend all their time together, the 22 of them did.

"It was co-parenting at its best," Harhay said.

That was their latest trip. Their first jaunt was girls only, to Puerto Rico. It was there, the January before last, when the idea for a blog was born.

Lamoureux commented about how much of a positive influence the never-ending flow of text messages had been on her life.

Johanna Cara Kristen Monica Erica Mary Melissa

The Pretty Gritty Girls

After blogging for six months, and getting requests for more information about themselves, these seven friends had a reveal post to introduce themselves to their readers, as they appear in this photo, beginning at left.

Johanna

This mother of two girls uses her 15 years of experience to be the group's marketing guru. Her passion for fashion and her addiction to fountain soda may require interventions.

Cara

A primary care physician and a mother of two boys, she is a jack and master of all trades including making a mean veggie crudité and rocking Bikram Yoga.

Kristen

A former Certified Public Accountant makes this mother of three the resident mathematician. She can always be counted on to find the best shopping deals.

Monica

A certified aesthetician and a mother of boys, she is the social media brains of the operation. She is on a mission to bring back the housecoat.

Erica

The group's Girl Scout who is always prepared, she never wanted a career so she majored in Spanish and is now the mother of a daughter.

Mary

This licensed insurance agent, culinary institute trained chef and mother of three has the ability to create amazing Dubsmash videos.

Melissa

A post-partum doula and fiercely loyal friend, she is the mother of three girls and three rescued dogs, which perpetuates her obsession with bleach and Dove soap.

"People should know about this," she said of the recipes, advice, beauty tips, retail deals, creativity and support being shared among them.

"If it benefitted us so much, hopefully it would benefit somebody else," Harhay said.

They came up with a name – Pretty Gritty Girls – and talked about launching themselves in time for Valentine's Day.

It took another eight months and an invitation for Lamoureux to go on "Better Connecticut" to give instructions for making crafty Halloween decorations before it all came together last October.

"We said, 'Geez, if she's going to go on, we really ought to get this together and take advantage of it.' So we did," Riddle said. "We had a couple of weeks and we pulled everything together. It's really what gave us the impetus to get it started."

"It lit a fire under us because we knew this was our big opportunity," Peck said.

Keany did a crash course in web design, putting together an impressive site in two weeks and earning the title of the group's IT expert.

"Ultimately we'd like to grow the blog into a business. ... We're testing the waters. I think we are all learning as we go," Riddle said.

In addition to learning, they're also having fun – a lot of fun.

"We all think we're super funny. When we first started, we wondered, 'Are we just entertaining ourselves or are we actually entertaining other people,'" Riddle said.

Some posts have been far-reaching and appreciated, she said, citing Keany's about her son who's on the Autism spectrum and her youngest child who was

The Valley's Best
KITCHEN & BATH REMODELING SPECIALISTS
Custom kitchen with bamboo & steel cabinets, glass backsplash, quartz counter tops with waterfall returns, & walnut floating bar.
COMPLETE BUILDING SERVICES
• Custom Remodeling
• Design through Completion
• Precision Craftsmanship
• Simple or Luxurious
• Clean Demolition
• On Schedule & On Budget
• Free No-Pressure Estimates
MICHAUD ENTERPRISES L.L.C.
Gilles Michaud/Eric Michaud NAHB Certified Graduate Builders. Fully Licensed and Insured CT Reg #539270
REMODELING IDEAS AT MICHAUDENTERPRISES.COM • 860-677-7851
SERVING HARTFORD COUNTY & THE FARMINGTON VALLEY

diagnosed with leukemia at 15 months, and when Lamoureux wrote about her mother dying.

Happy that the feedback has all been favorable, the women said they're willing to let the blog take them on a journey to wherever it's going.

Topics have included finding the perfect straw bag with pompoms for $35, decorating tips, commentary on the Bachelor/Bachelorette shows, problems with online medical symptom searches, recipes, skin care advice and shopping finds.

They also blog about the gritty – cancer, autism, infertility, death, anxiety, a manic Monday morning – calling it all life.

"We've all had a lot of serious life issues and we all open up to each other as a group," Riddle said.

When they're together, they're almost always laughing.

"I think we're really funny," Harhay said.

"We laugh at ourselves," Lamoureux said.

"We have so much fun together, but these girls have brought so much to my life," she said of advice and support that has made her a better friend and a better mother.

"We thought it was worth sharing," Riddle said.

Lamoureux said, "What we're bringing to [readers] is authentic content that's hopefully interesting, hopefully very relatable, that sprouted from our friendship."

"We've all had a lot of serious life issues and we all open up to each other as a group."
–Cara Riddle

It could be tips and tricks that make life easier or stories that let others know they're not alone.

The women stress that they keep it real by not presenting some picture-perfect piece, but by sharing that their kitchen is a mess, their child is having a tantrum, their husband is working late and they don't know what to make for dinner.

"One of our tag lines is, 'RealLifeStyle blog,' because this is life. Life is beautiful sometimes, and life is not beautiful sometimes, and it's OK to share both," Riddle said, adding, "So many blogs are one or the other. Some blogs are just fluff … or rants."

After that first appearance on "Better Connecticut," they were invited back twice more before being offered a five-minute slot every other week.

The women alternate, pairing up for each segment to present such topics as gift guides, ways to class up a picnic, crafts and must haves to have on hand for when guests drop in on short notice.

When the show returns from its August hiatus, the Pretty Gritty Girls will continue to appear.

Events with local businesses that have similar interests to the Pretty Gritty Girls will also continue.

"It was a great way to bring together our blog followers, store patrons and local charities who we partnered with," Peck said.

The group's first event was held at Hope & Stetson in West Hartford Center, partnering with One Hope Wines and Colin's Crew as well.

"One Hope Wines is a wonderful wine brand who donates a large portion of sales to various charities. They agreed to partner with our charity of choice, Colin's Crew, a local charity that brings moments of comfort and joy to families dealing with pediatric cancer," she said.

The event's success led to begin planning a Jo Malone and C&S Style party, and a back-to-school event with J. Crew.

The Pretty Gritty Girls continue to meet every other week, often in their jamies. While the intention is to talk about the blog, plan appearances and discuss events – complete with an agenda and minutes – when there is a need to just hang out, they do just that. **WHL**

Our new state-of-the-art Assisted Living and Alzheimer's & Dementia Care apartments open in August.

Call us today at (860) 218-9978 for more information.

BROOKDALE
—SENIOR LIVING SOLUTIONS—

Bringing New Life to Senior Living™

Brookdale Chatfield | Independent Living
One Chatfield Drive | West Hartford, CT 06110
Facility No. 18020

brookdale.com

00827-P1-0516-ROP1 KS

©2016 Brookdale Senior Living, Inc. All rights reserved.
BROOKDALE SENIOR LIVING and BRINGING NEW LIFE TO SENIOR LIVING are the registered trademarks of Brookdale Senior Living, Inc.

SUMMER CLEARANCE
Up to 50% OFF
Seasonal Selections for Men's, Women's, and Children's Shoes, Sandals, Handbags, Jewelry and More!!

TAKE $5 OFF
Any Sale Priced Merchandise $19.99 or Higher
Expires 7/10/16. One coupon per child per visit. Can not be combined with other sales discounts, coupons or vouchers. Prior sales excluded.
LIFE

TAKE $10 OFF
Any Sale Priced Merchandise $39.99 or Higher
Expires 7/10/16. One coupon per person, per visit. Can not be combined with other sales discounts, coupons or vouchers. Prior sales excluded.
LIFE

FOOTPRINTS
Shoes & Accessories
NOW OPEN SUNDAYS
79 COSTELLO ROAD, NEWINGTON • (860) 666-3100
MON.-SAT. 9:30-5:45 • THURS. NIGHT TO 8:45 • SUN. 10:00-5:00
footprintsshoes.com

Photos by Kathryn Plourde

April A. Schaefer puts up flags at Longmeadow Cemetery in Massachusetts as part of the 50 Acts of Kindness.

Acts of kindness

Accounting firm's numbers add up in more ways than one

by Maria G. O'Donnell
Correspondent

If you headed up a successful family business for 50 years, how would you celebrate that anniversary? With a big, pricey dinner? With a bunch of fancy gifts?

What about with 50 acts of kindness?

That is the way the accounting firm of Filomeno & Company, PC, at 80 South Main Street, decided to celebrate its 50th. It started with Madelyn Filomeno, 25, the daughter of the firm's president, Thomas Filomeno. The recent University of Connecticut physical therapy doctorate graduate claimed to have "stumbled into the 50 deeds" the previous summer while helping out around the business.

She'd always been used to doing odd jobs there with her brothers, Mark and Joe, at a very young age, including washing windows with the bottle of Windex their father provided.

Last summer, when she had time off from school, Madelyn said, "I was helping on the first floor of the firm. There was extra paper and other stuff. There was a school down the road, and we could donate the extra things they could benefit from – 50 reams of paper, 50 this and 50 that – and that started the 50 deeds."

Her idea to be creative in celebrating the business's anniversary became a "firm effort by giving things back; what better way to celebrate 50 years? Everybody liked the idea; it's something my dad would've wanted."

In fact, it was Thomas' concern for Saint Brigid School in West Hartford that the first connection to the 50 deeds occurred. Working on the campaign with Director of Operations Tina Faggaini, Kat Plourde, her assistant, said, "Tom heard they were in dire need of school supplies, and we had it. We had a lot of stuff and we went back with more. [Madelyn] is very organized and helped out a lot."

DESIGN DECORATION L·C·R RETAIL SHOWROOM

announcing our

NEW LOCATION

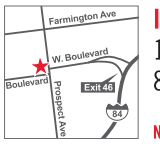
3 WATERVILLE ROAD, AVON
CORNER RT. 44

860-231-7742

Visit us at our larger expanded home

It's great to know that caring medical professionals are waiting to see you. Right Now.

Whether you have the flu or a broken finger, our board-certified medical providers treat you quickly. We specialize in making you well, regardless of what is making you sick.



In the Boulevard Shopping Ctr.
1030 Boulevard, West Hartford
860.986.6440

NO APPOINTMENT NEEDED

afc URGENT CARE american family care

URGENT/MINOR TRAUMA CARE · X-RAY SERVICES ON-SITE · LAB SERVICES ON-SITE · VACCINATIONS & PHYSICALS · SHORT WAIT TIMES · MOST INSURANCE PLANS ACCEPTED

WALK-IN 7 DAYS A WEEK: M-F 8-8, S-S 8-5

AFCUrgentCareWestHartford.com

READ LIFE ONLINE AT www.TurleyCT.com

TurleyCT COMMUNITY PUBLICATIONS

Left: Judie Saunders and Kat Plourde prepare to deliver children's books to the Bridge Family Center. **Above:** The team gathered for a toast the morning of the company's 50th Anniversary on April 1. President Thomas Filomeno is in the white shirt and tie at left.

Madelyn's father agreed, saying, "She came up with it and it fits right in – that's who we are," noting how his father, Joe, who opened the firm April 1, 1966, was always "community oriented." A West Hartford resident since kindergarten, he added, "This encourages us to do the same. My dad would be so proud."

Joe Filomeno passed away in 2013, yet his decades of community involvement stand the test of time. He was a founding member of the Farmington chapter of Unico (an Italian organization whose motto is "Service above Self") for 42 years, helping to raise money for the community.

Madelyn noted, "It was so evident to me at his passing that he'd done so much for the community. I'm humbled by what he'd built. His dedication and morals – everything was a great foundation for the firm."

Her mother, Madelyn, summed up Joe's influence similarly, that if you're going to be rich, be rich in integrity.

As a member of the board of Northwest Catholic High School and of the West Hartford Exchange Club, as well as the town's chamber of commerce, Thomas is also a member of the Farmington Unico. He said that this year's golf tournament was named after Joe, drawing a record 144 participants, and adding to an "impressive legacy."

The tournament raises money for high school scholarships in Farmington, Avon and West Hartford, with money also going to one of Joe's original pet projects, providing scholarships to

SUMMER SOLTICE FESTIVAL
June 10
CELEBRATE AMERICA WITH FIREWORKS
July 1
STARLETS THE WOMEN OF SONG
July 8
APPALACHIAN SPRING
July 15
Join the fun!
COME TO A PERFORMANCE AT SIMSBURY MEADOWS THIS SUMMER!
This summer Simsbury Meadows has a terrific line-up of live, outdoor concerts. And even more shows are in the works. Go to our website, WWW.SIMSBURYMEADOWSMUSIC.COM, to see the most current line-up or to buy tickets. It's a great time and it's right in the heart of Simsbury.
Simsbury Meadows Performing Arts Center
July 22
A TRIBUTE TO RAY CHARLES
July 24
Slightly Stoopid
SOJA
July 29
FAITHFULLY
A SYMPHONIC TRIBUTE to the MUSIC of
JOURNEY
& CLASSIC ROCK
Sept. 9, 10, 11
THREE DAY FESTIVAL OF FAMILY FUN!
SEPTEMBERFEST 2016

GET MORE FROM...
LIFE
ADVERTISE WITH LIFE PAPERS
860.651.4700

TurleyCT
COMMUNITY PUBLICATIONS
www.TurleyCT.com

Madelyn Filomeno (left) organized a collection of office supplies that were donated to Saint Brigid School and became the first of the 50 acts of kindness to celebrate the firm's 50th anniversary. With her are, from left, school Principal Shevon Hickey, Kat Plourde and from the school, Andrea Austin-Thompson

accounting students at UConn.

"We gave five scholarships [in April] for juniors for senior year," said Thomas of the program that still continues, adding that both he and his dad were UConn graduates.

"He'd visit me at college and make me bring out my homework so we could go over it together," Thomas said, explaining that even before college, he helped out at his father's firm before joining full time in 1978.

"It was always something I gravitated toward – accounting and numbers," he said. "My dad and I would talk about the business a lot and brainstorm together – wherever we were, on trips to Cape Cod – so much to talk about with work and family. It was an all-inclusive lifestyle, more of a vocation than an occupation. This is the model he set."

Thomas also credits his grandmother, who lived to be 104, as a "steady force in our lives and our kids' lives. She was always about self-sacrifice; someone else's needs were more important." She also promoted studying and working hard, passing along integrity and honor to the next generations. Being religious always prompted her to "do the right thing," Thomas said. "She had no distractions in life."

These qualities flowed into the business and its clients, forming a "holistic community," according to its current owner. Thomas said that a couple of years ago, his team reflected on creating a statement for their culture in three words – deliver, delight and develop – to deliver their best work to the client, to delight people by being proactive with them, and for the people of the firm to develop, get better, and learn.

"We work as a team and have excitement for productivity. This stems back to my dad and grandmother – they were the inspiration for these types of services," leading to a selfless culture, about clients and each other," Thomas said. "Most accounting firms are about chargeable hours and their 'own thing.' We changed that; there has to be value."

This is reflected in their mission "to passionately serve our clients, our community, our firm and each other."

Tina Faggaini, a partner at the firm, stated, "One important aspect of our culture at Filomeno is investing in the development of our team members. This has professionally provided me open-ended growth opportunities, which personally provide me a great sense of accomplishment. It is

50 acts of kindness

1. School supply donation to Saint Brigid School
2. Second supply donation to Saint Brigid School
3. Book donation to Vietnam Veterans of America
4. Children's book donation to Bridge Family Center in West Hartford
5. American Heart Association Hartford Heart Walk (several internal fundraisers to reach the annual goal)
6. Participating in the Drink Good Do Good campaign with Naked Juice/Wholesome Wave Fruit
7. A Million Thanks (writing letters to service members)
8. Volunteer at Farmington Unico's annual pasta dinner
9. Coffee On Us (Buying coffee for the first 50 customers at Dunkin Donuts on South Main Street.)
10. Food donation to the West Haven Emergency Assistance Taskforce
11. Food donation to West Hartford Food Pantry
12. Adopt a family from Beth El Center in Milford
13. Donated pajamas to CTCPA Pajama Program
14. Donation of toys, food and peanut butter to the Connecticut Humane Society
15. Donated jackets and blankets to Church Street Eats
16. Rent a Dog, supporting the Simon Foundation in Bloomfield
17. American Heart Association, Go Red For Women luncheon supporter
18. Advancement of Catholic Schools Archbishops St. Patrick's Day Breakfast supporter
19. Clothing donation to Goodwill
20. Volunteer for Junior Achievement in West Hartford

Still to come

- Eight monthly campaigns for charities chosen by team members
- Hosting Fidelco Guide Dog Foundation puppies
- American Heart Association Hartford Heart Walk furniture donation to TANGO
- Food donation to West Hartford Food Pantry
- Hosting a shelf for West Haven Food Pantry
- Glove, mitten and hat drive to benefit Interval House in Hartford
- Sponsor a planter in Elmwood to support KNOX in Hartford

Bring the Whole Family!

We have a team of 6 dentists, hygienists and dental assistants for all of your dental needs. Our team works closely with on site specialists including periodontists, a pediatric dentist and oral surgeons. PLUS, we're open 6 days a week. Saturday morning appointments available.

Exceptional dental care provided by a compassionate, trustworthy dental team…

Thomas J. Mensi, D.M.D. Jason T. Mielcarek, D.M.D.
Charles R. Chiarello, D.D.S. Ofer M. Doron, D.M.D.
Steven Hall, D.M.D. Nathan E. Mumford, D.M.D.

Serving the Valley & West Hartford's dental needs since 1973

DENTAL ASSOCIATES
Farmington Connecticut

291 Farmington Avenue, Farmington
860-677-8666
Visit our website & Mobile App! **www.DASmile.com**

As committed veterinarians and animal lovers, we strive to provide the best care possible to you and your pet.

- Routine services and wellness exams
- Preventative care
- Cold laser therapy
- On-site pharmacy
- Dental care
- Nutritional counseling

www.petcarevetwh.com

Petcare
VETERINARY SERVICES

64 RAYMOND RD
WEST HARTFORD, CT 06107
Phone: 860-232-6060
Fax: 860-232-6964

At a quarterly team update, time was taken to write words of encouragement, appreciation and thanks to service members, supporting the A Million Thanks campaign.

Ruth Brown, Tina Faggaini and Judie Saunders represent Filomeno & Company, PC at the American Heart Association's Go Red for Woman luncheon.

so important to support the communities in which we live and work, and our 50 Acts Campaign is such a fun way give back in small simple ways."

According to partner George Thomson, "During my 22 years with the firm, not only have I grown as a professional, but I have grown as a person. This is a testament to our firm's vision of 'Develop, Deliver and Delight,' which ... applies to the community in which we live and work and is why our 50 Acts Campaign fits so seamlessly with our daily mission."

Judie Saunders noted, "Being part of a company that so values giving to the community has been very important to me. Over the years I have been able to participate in the community in a way that has been personally rewarding. Giving back is so important."

Thomas' emphasis that money isn't the driving force of the firm couldn't be clearer.

"Most accounting firms are about chargeable hours and their 'own thing.' We changed that; there has to be value."

–Thomas Filomeno

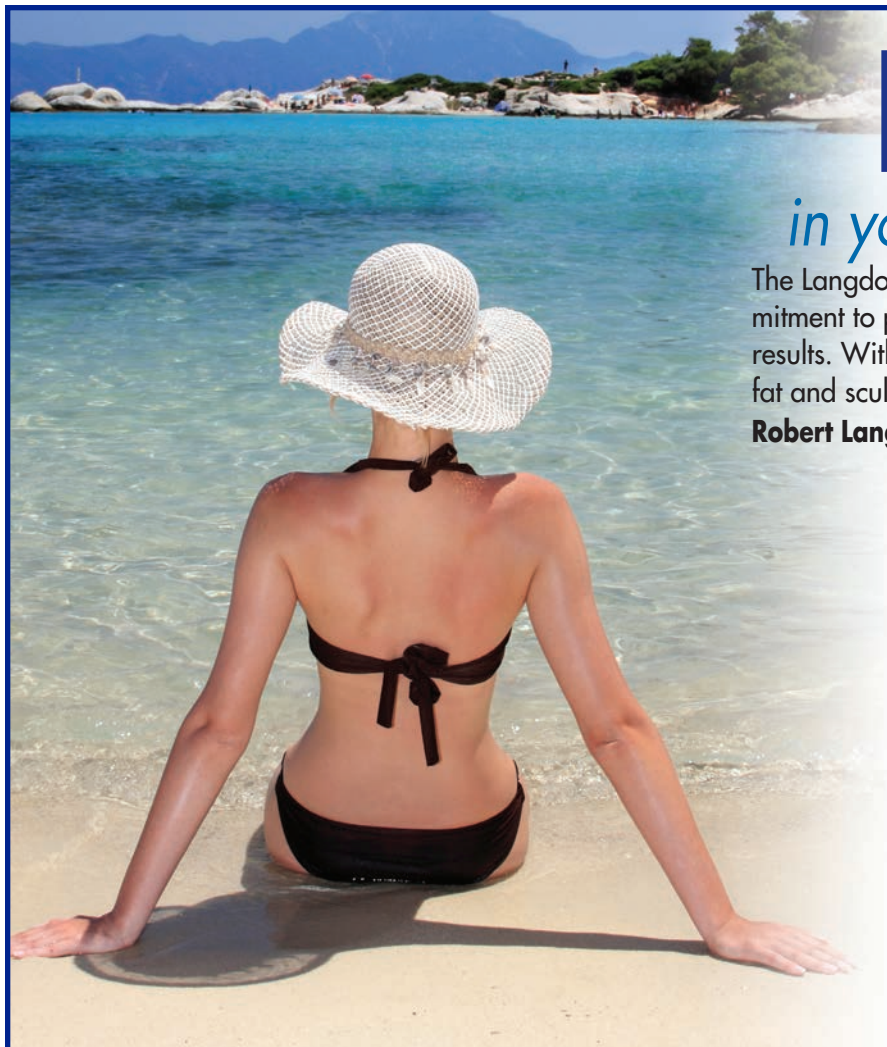
"Clients and community come first," he said, and that's where the 50 good deeds fit right in.

According to Plourde, about 20 deeds have occurred so far, with about nine others in the works, and the rest to be determined.

"The whole firm is involved. Every team member has a charity that's close to their heart," she said.

Plourde noted that the business hopes to finish the 50 deeds by the end of this year, but they'll carry it into next year, if necessary. She added that the firm never stops acts of kindness and helps charities every year.

"It never really ends." **WHL**



Be Confident

in your bikini and in your cosmetic surgeon.

The Langdon Center is Connecticut's premier body contouring center, with an unparalleled commitment to providing the most advanced and widest array of technologies to give you the best results. With the most extensive selection of minimally and non-invasive procedures to reduce fat and sculpt the body, **Yale trained board-certified cosmetic surgeon and dermatologist Dr. Robert Langdon** can help you slim down in time for summer and get the confidence you want.

Our services include the latest in technology for:

- **Face, eyelid, & brow lifts**
- **Body Sculpting** including cellulite reduction, liposuction, laser liposuction, & lipo-augmentation
- **Natural breast augmentation** & no-scar breast reduction
- **Laser skin treatments** including hair removal, acne treatment, resurfacing, rosacea, vein removal, tattoo removal & more
- **Skin smoothing and tightening treatments** including Botox and injectables, fillers, photofacial & skincare products

AMERICAN BOARD OF COSMETIC SURGERY

ACCREDITATION ASSOCIATION *for* AMBULATORY HEALTH CARE INC.

844.550.7828 / THE LANGDON CENTER **LangdonCenter.com Guilford**

Jasmine Dang's techniques earned her a grand champion honor at the ITF Taekwon-Do International in Ontario, Canada.

Courtesy photo

Taekwon-Do titleholder

Jasmine Dang won grand champion in international competition

by Alicia B. Smith
Staff Writer

Taekwon-Do is a family activity for the Dang family, who can now boast of having an international champion in their ranks.

In April, Jasmine Dang, 11, won a grand champion trophy for Chong-Ji and also came away from the contest with two gold medals, one for her pattern and the second for her sparring work.

Jasmine, a fifth grader at Florence E. Smith STEM School, has been studying the martial art since she was 5, following in the footsteps of her mother, Hoang Dang, and her older brothers Thanh Dang and Vinh Dang who was a 2013 bronze medalist.

Jasmine has reached the rank of high-red belt and is planning to take the test to receive her black belt this summer.

"It teaches us discipline and self confidence," Jasmine said, adding that it also serves as a technique for self-defense and learning respect for elders.

Her mother said it has served as a great way for the family to bond and helps her children stay focused.

Jasmine's father, Justin Dang, is a former Taekwon-Do student who enjoys watching his family with their work although he has decided to step down from the practice.

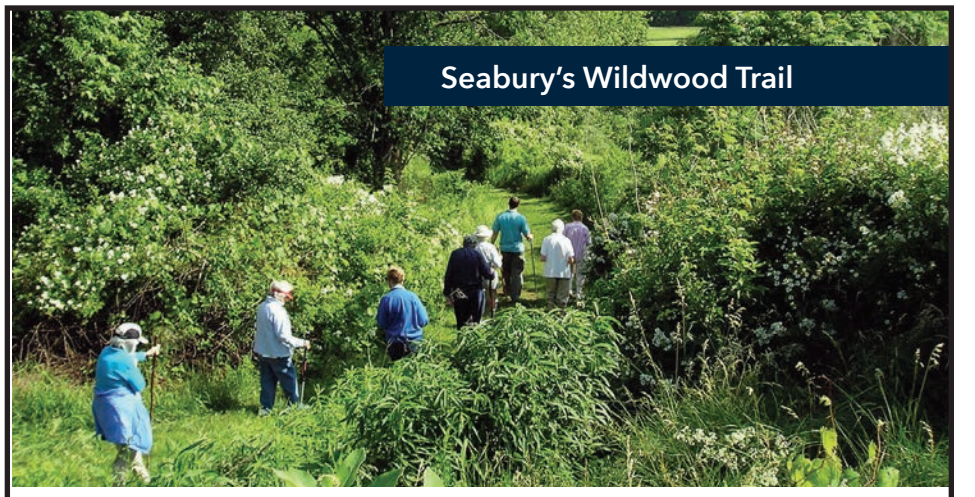
Hoang Dang said she enjoys the sport as a form of exercise.

"We exercise as a family," she said.

Jasmine had her family's support behind her at the competition in Ontario, Canada.

This trip north was not the first time Jasmine traveled to compete and this fall she will be attending another competition in New York.

"Yes, I was very nervous," Jasmine said of the day of the competition. "I'd been to this competition before but had



We're All Residents Of The Same Planet

GREEN GLOBES

SEABURY RECEIVES GREEN GLOBES DESIGNATION

Seabury is proud to announce that we are the first privately-owned Life Plan community for adults 50 and over in the United States to receive a Green Globes designation. Our staff and residents are very conscientious about the impact we make on the environment, beginning on our campus and in our community. Doing the right thing is its own reward but the recognition from Green Globes is a great honor for us.

Additionally, construction is underway on the next two phases of Seabury's expansion, including 68 new independent living residences scheduled to open in the Fall of 2017. **Learn more about how to reserve your future home at our monthly info sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org**

Seabury
An Active Life Plan Community

BEST OF Hartford MAGAZINE 2009 2010 2011 2012 2013 2014 2015 2016

200 SEABURY DRIVE | BLOOMFIELD, CT 06002
(860) 286-0243 | (800) 340-4709
WWW.SEABURYLIFE.ORG | INFO@SEABURYLIFE.ORG

READ LIFE ONLINE AT www.TurleyCT.com
TurleyCT COMMUNITY PUBLICATIONS

Courtesy photo

Jasmine Dang delivers a hook kick.

not competed against all levels and all ages."

Her dad's advice with each competition is to watch the partners she will be matched with so she can determine their weaknesses.

"You need power and position, every movement has to have a purpose," Justin Dang said. "There are always tactics."

"You need power and position, every movement has to have a purpose."

–Justin Dang

Jasmine came out ahead of 140 other competitors from different countries and divisions as well as age ranges with some competitors in their 40s. Although students compete with others of the same sex, in the event that there is no one available, it is not uncommon for a girl to compete in a pattern with a boy or even spar with them.

"Since the boys are more aggressive, I like to go out with them," she said.

"With girls, she gets called out for being too aggressive," Justin Dang said.

The Chong-Ji portion of the event has competitors going up against one another with a specific 19-movement pattern that is taught when students first begin practicing Taekwon-Do.

"Schools adopt this pattern to initiate tournaments," Justin Dang said, adding that each colored belt has its own unique pattern or form.

Those competitions are judged on technique.

"You have to be perfect,"

South Main Wine and Spirits

WINE

CABERNET 750
Louis Martini $15.99
Josh Cab $14.99
Avalon $10.99
Bogle Cab $10.99
Simi $19.99
Blackstone $7.99
Alamos all types $9.99
Justin $23.99
Sterling $12.99
Liberty School $13.99
J. Lohr Cab $15.99
Toasted Head all types $9.99
Cupcake all types $9.99
Apothic Red all types $9.99
Dreaming Tree all types $14.99
Mail in rebate: 2 bottles for $4 and case of 12 bottles for $30
Menage a Trois all types $9.99
Roscato all types $11.99

PINO GRIGIO 750
Ruffino Pino Grigio $7.99
Da Vinci $11.99
Circa $8.99
Kris $11.99
Cantina Zaccagmini $14.99
La Crema $15.99
Ecco Domani $10.99
Santa Margherita $23.99

SAUVIGNON BLANC 750
Oyster Bay $11.99
Kim Crawford $13.99
Whitehaven $15.99
Nobilo $9.99
Rain $13.99
13 Degree Celsius $11.99
Simi $11.99
Starborough $9.99
Smoking Loon Sauv Blanc $7.99

1.5 ML ALL TYPES
Barefoot $10.99
Woodbridge $12.99
Clos du Bois $18.99
Twisted $9.99
Cavit $11.99
Robert Mondavi $16.99
Ruffino Chianti $15.99
Berlinger $10.99
Yellow Tail $11.99
Lindeman's $10.99
Ruffino Pino Grigio $14.99
Mark West $18.99

Mail in rebate: $4.00 off any two bottles of Edna Valley, William Hill, White Haven, Starborough or Frie Brothers, or $15.00 off for 6 bottles

CHARDONNAY
Estancia $9.99
Clos du bois $9.99
Butter $16.99
Rodney Strong $12.99
Coppola $12.99
Simi $12.99
J. Lohr $11.99
Frei Brothers $16.99
Bogle $9.99
Smoking Loon $7.99

VODKA
Smirnoff 1.75 ($5 mail in rebate) $19.99
New Amsterdam 1.75 $19.99
Absolut 1.75 ($10 mail in rebate) $29.99
Kettle One 1.75 $39.99
Sky 1.75 $21.99
Titos 1.75 $26.99
Stoli 1.75 $29.99

RUM
Bacardi 1.75 $23.99
Malibu 1.75 $26.99
Treasure Island 1.75 $17.99
Kraken 1.75 $35.99
Capt Morgan 1.75 ($5 mail in rebate) $26.99
Lady Bligh Rum 1.75 $19.99
Treasure Island Rum 1.75 $17.99

Will match other stores advertised prices. Many more unadvertised specials throughout the store. See our huge selection of beer, wine and spirits!

10 % under state minimum

SPECIAL FOR THE MONTH

Kendal Jack Chardonnay

750 ml...$10.78

BOURBON & WHISKEY
Bulleit 1.75 $46.99
Woodford Reserve 1.75 $65.99
Makers Mark 1.75 $61.99
Jim Beam 1.75 $31.99
Four Roses 1.75 $29.99
Jack Daniels 1.75 $43.99
Jameson 1.75 $49.99
Glenlivet 1.75 $79.99
Basil Hayden 750 $37.99
Crown Royal 1.75 $39.99
Tullamore Dew Whiskey 750 $25.99
Johnnie Walker Red 1.75 $36.99

DISCOUNTED ITEMS
Captain Morgan 100° 750 plastic bottle $10.99
Parrot Bay Orange 1 liter $7.99
Long Island Ice Tea 750 $4.99
Jeremiah Weed flavored Vodka 750 $4.99
Oban Little Bay Single Malt $39.99
Johnnie Walker RYE Cask Finished Whiskey 750 $29.99

BEER

Yuengling 12 pack all varieties

$9.99 plus tax and deposit

FREE ICE WITH ALL KEGS

450 South Main Street, West Hartford • **860-521-3534**

(at corner of New Britain Ave., directly off exit 41 - less than 1 mile from Westfarms Mall)

Prices effective July 1 - 31, 2016

Hoang Dang said. “They measure everything,” she said of the judges. “That is what makes it interesting.”

“I was very surprised and pleased with myself to get that far,” Jasmine said of her success.

She enjoys both patterns and sparring equally.

“For pattern, I like going against new people I haven’t gone against before,” she said.

Jasmine practices Taekwon-Do at the White Tiger School of Taekwon-Do in Manchester at least three times a week. In the event that she cannot make it to her marital arts school she will practice at home.

“She is a passionate kid who trains hard when she trains,” said Jasmine’s coach Seth Rattet. “She has always been that way and likes to perfect everything she learns. Jasmine has always been a sponge when it comes to new material and everything that I have shown her or worked with her on she usually masters quickly and efficiently.”

Rattet said he would like to take Jasmine to a world championship competition, although she will have to wait a few years as competitors must be 14 years old.

“If she is training still, I will take her,” Rattet said.

While martial arts can take up a large chunk of her time, Jasmine manages to find time for other pursuits, mainly music.

She has been taking piano lessons since she was 5 and took up violin not too long after. She also plays guitar, which led her to form a band with her friends. Calling themselves Sonic Empyre, Jasmine plays lead guitar. The group performed at the West Hartford Youth Music Showcase on June 4 during Celebrate! West Hartford.

“I really like music, it’s really fun for me,” Jasmine said.

It is in Taekwon-Do, however, where she excels.

While Jasmine works hard to be perfect at piano, her mother said Taekwon-Do comes more naturally.

Jasmine said her goal is to become a world champion in Taekwon-Do. **WHL**

Jasmine Dang of West Hartford accepts her first place trophy and shared the stage with competitors from Puerto Rico and Canada.

Courtesy photo

WEST HARTFORD MAGAZINE BEST of We-Ha 2016 WE-HA.COM

TIME TO VOTE! GO TO We-Ha.com

West Hartford Needs your VOTE!! #bestofweha

The nomination part was the first step, now, you and all of your friends and family members MUST VOTE for your favorite businesses in West Hartford to help your candidates WIN!! Go to the link at the top of We-Ha.com to complete your ballot!

Winners will be announced at the

Thursday, September 8, 2016 Awards Show!

TITLE SPONSORS:

William Raveis Real Estate • Mortgage • Insurance | Lux Bond & Green Jewelers Since 1898 | The Mercy Community The McAuley | Saint Mary Home | JP Carroll Construction | Saint Francis Hospital and Medical Center | Sanditz Travel Management | Spa Soli

GOLD SPONSOR: Stanger & Associates

SILVER SPONSORS: Edward Cumings ECIA Insurance Agency | Travelers | KO Kingswood Oxford | Oscars Tux & Bridal | SHB Sheehan-Hilborn-Breen Funeral Home

BRONZE SPONSORS: first church West Hartford | Merchant Solutions | Jeff Hodges Landscape Contractor | Saint Thomas Aquinas Church | Taylor Rental Party Plus | West Hartford Chamber of Commerce | Town of West Hartford

MEDIA SPONSORS: West Hartford Magazine | we-ha.com We have it all in West Hartford. | NBC Connecticut | Connecticut Jewish Ledger | West Hartford LIFE | West Hartford PRESS

Myth: Dining At Duncaster Is Very Formal

What will it be today — a burger or an omelet? Or perhaps salmon or rack of lamb? At Duncaster, what you eat and where you eat is up to you! Enjoy the casual setting of the cafe, or yes, somewhat formal fare in the dining room. Or order carry out. You may even prefer to cook in the comfort and privacy of your home. Whatever setting or style of dining you prefer, the choice is yours. In fact, you have multiple dining plan options from which to choose.

Taste the difference of the flexible dining program at Duncaster.

860-380-5005

Call to schedule your complimentary lunch and tour.

Ask about individual garages.

Duncaster Boutique Community Living

40 Loeffler Road, Bloomfield, CT | www.Duncaster.org/Dining

Real Estate

WILLIAM RAVEIS

REAL ESTATE • MORTGAGE • INSURANCE

The Largest Family-Owned Real Estate Company in the Northeast

New Construction - 2 and 3+ bedroom models available. Starting at $385K. www.777northmainstreet.com

Fantastic Colonial on popular West Hartford Center street. 4+ bedrooms and 3.1 baths. $524,900

Great value. 2600 square feet. 4 beds. 2.1 bath. Walk to Braeburn School. $424,900

Walk to WH Center from this move in condition home. 3 beds 2 baths. $399,900.

Make your important real estate decisions with help from residential rea estate leader, Broder Group. With their deep rooted knowledge of the market and unwaivering commitment to each client, Broder Group doesn't just meet expectations, they exceed them.

BRODER GROUP

43 North Main Street, West Hartford, CT 06107
860.313.1300

BRODERGROUP.COM

WILLIAM RAVEIS

REAL ESTATE • MORTGAGE • INSURANCE

The Largest Family-Owned Real Estate Company in the Northeast

139 Kirkwood Road, West Hartford

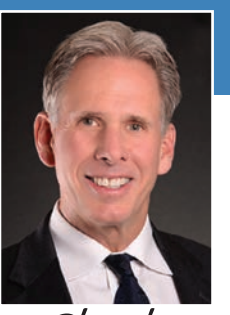
Beautiful 3600 sq ft home in a cul-de-sac location. Gorgeous parklike grounds. 6 bedrooms, 4 1/2 baths, front to back living room, large eat-in kitchen, first floor family room and separate office. Main floor laundry and mud room. Wonderful home to raise a family. Gas heat and central air.
Asking $539,900
Call Susan Brine today.

Susan Brine
860-930-7707
susan.brine@raveis.com

Let our family show your family the way home

raveis.com
"The best website in real estate"

Real Estate



WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE
The Largest Family-Owned Real Estate Company in the Northeast

47 Ledyard Road
WEST HARTFORD
$769,000

Charlie Hartigan
860-202-1754
charles.hartigan@raveis.com

223 Huckleberry Hill
AVON
$795,000

Results ... Pure and Simple.

Century 21
FINE HOMES & ESTATES
ALLPOINTS REALTY

ROSEMARY RUSSO
860.543.0699

#1 CENTURY 21 Firm in Connecticut!

800-525-7793

Your Real Estate Agent for Life!

We are pleased to Welcome Rosemary Russo to the #1 CENTURY 21 Firm in Connecticut. Rosemary is an exceptional full-time real estate sales professional and is recognized throughout the community for more than 25 years of dedication helping people achieve their real estate goals. She has built a solid reputation for success on experience, honesty and integrity along with commitment to customer satisfaction.

Rosemary has consistently been a recipient of the Top Producer, Top Seller, Top Lister and Customer Service Awards. She specializes in marketing Luxury Homes, personalized service for relocating families and first time home buyers.

Rosemary grew up in West Hartford and currently resides in Avon with her family. She is the proud Mom of her son, Max, who is currently a freshman at RIT, majoring in Computing Science.

Count on Rosemary...Experience and Results that turn to Gold!

Thinking of Selling? Call Us for an expert consultation of the market!

RG
ROBINGEBRIAN
LICENSED REAL ESTATE PROFESSIONAL

C 860.985.7807 | O 860.521.4311
ROBINGEBRIAN.RAVEIS.COM | ROBIN.GEBRIAN@RAVEIS.COM
125 LASALLE ROAD | W HARTFORD | CT 06107

61 Ridgewood Road
West Hartford • $449,900

Great value! 7 BR 3.1 BA home with gorgeous newer kitchen with a skylight overlooking huge yard!! The first flr includes a breakfast area and breakfast bar, a FR with a cathedral ceiling, a formal LR, and formal DR w/French doors, plus an office and half bath! The 2nd flr has a MBRS plus 3 BRs and full BA; 3rd flr has 3 BRs & full BA. The LL has a finished rec room. Off the breakfast area a sliding door leads to a large deck and huge open yard! HW flrs on first floor have been refinished & many interior rooms have been painted. This is the perfect place for that bigger house with room for a POOL!

raveis.com
"The best website in real estate"

125 LaSalle Road, West Hartford • 860.521.4311

WILLIAM RAVEIS
REAL ESTATE & HOME SERVICES
New England's Largest Family-Owned Real Estate Company

West Hartford New Exclusive $469,000

Just like new! 4 BRs, 2½ BAs! New gas furnace, and C/A. Floors just like new! Great FP in FLR w/lots of light from bay window. FDR w/sliders to enclosed porch. New kitchen completely redone, bamboo flrs, cherry cabinets, granite, SS appliances. FR off kitch w/built-ins, new bamboo flrs, & another FP! 2 car gar attached! Remodeled first flr laundry rm. Upstairs has 4 spacious BRs with 2 full BAs. Master has a large walk-in closet & full bath. Lots of space in this great house. Private, over an acre of land. MLS# G10136410

Suzanne Walsh
Cell: 860-306-1927 | SuzanneWalsh.raveis.com
Suzanne.Walsh@raveis.com | 125 LaSalle Road | West Hartford | CT 06107

‘The Paradigm of Freedom’

A humanitarian and local business owner defends capitalism in a new book

by Sloan Brewster
Staff Writer

Courtesy photos

Paul Matel, founder and president of YHB Investment Advisors Inc. in West Hartford, is the author of “A Humanitarian’s Defense of Capitalism: The Paradigm of Freedom.”

Paul Matel is not sure if it’s too late, if our country has turned one corner too many down the path toward socialism, but he hopes there is still a chance to reverse course.

Years of observations of life in poverty stricken socialist societies have lead the local author and founder and president of YHB Investment Advisors Inc. in West Hartford to a deep appreciation of capitalism. His newly released book, “A Humanitarian’s Defense of Capitalism: The Paradigm of Freedom,” is a testament to that.

For nearly two decades, Matel, who lives in Simsbury, has been organizing surgical missions to Ecuador, Colombia, Guatemala and Paraguay. In 2007, he founded a medical clinic in Riobamba, Ecuador that has grown into a fully accredited multi-specialty

ideal nutrition
of connecticut
WEIGHT LOSS CENTER
Begin Your Journey Today!
Please join Thomas I. Knox, MD, MBA for our FREE weekly workshop to learn about the Ideal Protein Weight Loss Method.
Every Monday at 6pm
(excluding Holidays)
Ideal Protein
INDEPENDENT AUTHORIZED CLINIC
345 North Main Street First Floor, West Hartford
idealnutritionofct.com
jknox.idealnutrition@gmail.com • 860-547-1489

surgery center serving the poor, according to a press release. He has also established a nonprofit foundation in Ecuador. These organizations have provided medical and surgical care to more than 30,000 children and adults throughout that country.

Throughout his many journeys, he has compared life in two wildly different worlds.

"Because I travel back and forth between two worlds, I get to spend a lot of time in societies where people are broken," he said.

The people in the countries where he does his humanitarian work "are awash in suffering and violence," he said, reiterating again and again that the countries are largely socialist.

He described the abject poverty he sees daily while in these places and said he is concerned about the movement in this country toward socialism and does not understand why any Americans would want to embrace a system that, in his opinion, is a recipe for deprivation and hopelessness.

"I come back to the U.S. and I marvel and I'm grateful for the serenity and prosperity that we have here, our beautiful hospitals, our police departments that actually function, our beautiful libraries, our safety," he said. "I see people, a significant amount of people wanting to pursue a different way of life ... people who have no idea how our country functions, where our prosperity comes from."

The book gives readers an in-depth look and introspection into his life as a capitalist and his life as a humanitarian, according to the press release. He wrote it so Americans could better understand, appreciate and utilize the economic system that is in place and to bring about change.

In the forward, he stated that he was inspired to write it because he lives in two very different worlds.

"In one, I am a capitalist and long-time business owner. In the other, I am a humanitarian," he wrote. "My experience as founder of a successful investment management firm gives me an informed and thoughtful point of view of our domestic and global economies and investment markets. The success I have had, in turn, makes it possible for me to use my prosperity to fund humanitarian endeavors, perhaps not on the same scale as Bill Gates, but sharing the same principal; we are capitalists who believe that our materialistic acquisitions are worthless unless our capital serves humanity and a greater good. My success allows me to bring necessary medical care to children and families desperate for even the simplest assistance in South America."

With socialism gaining a foothold in the U.S., he said he believes the book is "exceedingly relevant." He fears our country's paradigm is changing subtly, in ways people may not notice, but might someday regret.

"We are at great risk of jeopardizing our legacy by not teaching the basics of our unparalleled economic system and the great potential it offers to those willing to participate," the book's forward states. "Capitalism is a powerful but widely misunderstood tool."

In the book, he uses a variety of means to pass this message to readers, to get them to better understand and appreciate capitalism and to see that socialism is the wrong system for this country.

One way is through anecdotes of people he has met along the way. In one story he tells of a 15-year-old girl he has operated on five different times.

"She was a burn victim," Matel said. "The side of her head was fused to her shoulder."

He and his team performed five surgeries on the girl to release her head, so she could live a normal life.

"The last time I saw her she was in a hospital in Machala, Ecuador," he said. "She lay next to a huge picture window with no glass in it, there were bugs on her, it was raining on her."

Without the wealth he has made in this country and the wealth of the country at large, without the opportunities garnered by our system, Matel said he would not be able to help children and adults suffering in the way that girl was in Ecuador and as others are in the countries where he works.

Wall Street is the topic of one chapter in the book.

"Capitalism is a powerful but widely misunderstood tool."

–Paul Matel

"To be anybody today in the progressive movement, you have to say that you're against Wall Street," Matel said. "I hear that 50 times a day. ... What do people have against the creation of wealth?"

When he hears people decry Wall Street, Matel said he is astounded.

"Wall Street, all it is, is sort of the bone marrow that provides us with the blood supply to the body, it's the bone marrow and the heart that pumps the blood through the body and with that your body does work," he said. "Why would anybody be against having the most successful source of capital in the world?"

In the countries where he travels, there is no capital, he said and without capital all people can do is try to survive from one day to the next.

"There are 14 million people in Ecuador who don't dream," he said.

He blames the system.

"The paradigm of socialism is like a disease, it really is; it hurts people," he said. If you go to a public college, the government tells you what your major is. ... That's just another example of what I call the paradigm of socialism."

Capitalism, on the other hand, is the paradigm of freedom and makes our world a better place, he said.

"If we want beautiful hospitals, we have to pay for them, you need an engine in a car," he said. **WHL**

"A Humanitarian's Defense of Capitalism: The Paradigm of Freedom" is available on Amazon.com. All proceeds from sales support Matel's work in Ecuador.

Looking for an ideal protein?

Try eating REAL food!

Let Bordeaux Nutrition® show you how!

Nutrition counseling helps with:

- Reflux/GERD, Gas, Bloating, IBS, Crohn's, Colitis
- Allergies, Asthma, Celiac, Gluten/Food Intolerance
- Migraines, Joint pain, Gout, Osteoporosis, Kidney Stones
- Acne, Psoriasis, Eczema, Autism, ADD/ADHD
- Bipolar, Schizophrenia, Depression, Anxiety
- Disordered eating, Food Fears and Body Image Issues
- Thyroid, Diabetes, PCOS
- Weight mgmt, High Cholesterol, High Blood Pressure
- Autoimmune: RA, Fibromyalgia, Ankylosing Spondylitis

...and many other conditions for children and adults

Don't just survive...THRIVE! with Bordeaux Nutrition®

Renée J. Bordeaux RD, CDN, CPT

Jacqui Campbell MS, RD, CDN

Bordeaux Nutrition® LLC

INTEGRATIVE NUTRITION • MEDICAL NUTRITION THERAPY

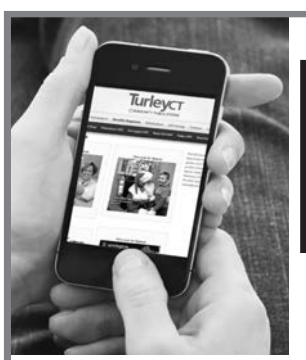
66 Cedar Street, Suite 305, Newington

860-757-3474

www.bordeauxnutrition.com

We accept: Aetna, Anthem/BCBS, Connecticare, Cigna, United Healthcare, Oxford, Medicare and Harvard Pilgrim

LIKE US ON facebook



READ LIFE ONLINE AT

www.TurleyCT.com

TurleyCT COMMUNITY PUBLICATIONS

West Hartford Center

Sale Days!

Thursday - Sunday, June 23-26

Thank you for voting us Best Hardware Store 2016

WINNER BEST OF Hartford MAGAZINE 2016

Larsen ACE Hardware
220 Albany Turnpike, Canton 860-693-4618
982 Farmington Ave., West Hartford 860-523-4201
www.larsenacehardware.com

Cookshop plus
West Hartford

Independent & Family Owned

Gourmet Kitchenware Store and Coffee Bar

977 Farmington Ave.
West Hartford Center

OPEN 7 DAYS

Industry Trade Discount Offered

860 - 461 - 0667 www.cookshopplus.com

10% off your entire purchase.
No exclusions! When you mention this ad.

Creating a folk tradition

West Hartford musician releases first solo recording

by Mara Dresner
Staff Writer

Photo by Steph Crandall

Musician Greg Wilfrid has been performing solo shows since releasing his first CD, "Dust and Soil."

Greg Wilfrid doesn't credit a lot of musicians on his first CD, "Dust and Soil," a seven-song album of his original songwriting, released earlier this year. It's not because he's stingy about giving credit. It's just that in addition to the vocals, he also plays guitars, piano, synthesizers, banjo, ukuleles, bass, drums, bass drum, shakers, tambourine, pillow and scissors on the album.

The household objects that make a brief appearance on the recording have a unique sound, he said. He first discovered the percussive sound of the pillow on a trip to Florida with some musician friends.

"We didn't have many instruments there, a bass guitar, a mandolin. We wanted a bass drum sound so I hit a pillow with a mallet," Wilfrid explained. "The first song on the album doesn't have a full drum set. We were just overdubbing percussion instruments."

Of course, there are risks when you add in non-conventional instruments.

"It was a very old dusty pillow. I got very congested playing it." Wilfrid said with a laugh.

The scissors also weren't initially part of the performance.

"That was the day we were overdubbing. There was a pair of scissors and we were just snipping the scissors. [Someone] joking said we should record it and so we did," he said.

Wilfrid's music career had a more conventional start. Growing up near Worcester, Massachusetts, he started piano lessons in kindergarten, switching to jazz piano in middle school.

"I have a sister who's two years older and she was taking piano lessons, and I did pretty much everything she did," he said.

In school, he added voice lessons, and was in choir and jazz band in high school. For a while, he didn't think he'd pursue a career in music.

"I always wanted to be a teacher. At first I wanted to teach Spanish," he said.

He came to Connecticut to attend The Hartt School of Music, getting a bachelor's degree in music education. He just completed his graduate studies, earning a master's certification in music education as well as completing his Kodaly Certification.

"Kodaly was a music education guy from Hungary in the '50s. His big thing was teaching musical concepts through the folk music of the country," Wilfrid explained.

He teaches elementary school general music, choir and jazz band at Toffolon Elementary in Plainville.

"With the music education program at The Hartt School, if you're a vocal major, they gear a lot to elementary school. I got to do music from all over the world. I love directing choirs but I didn't want to only do choir," he said.

He very much enjoys his young students.

"I like that age group the most. [It's] their first experience with music, which is always really cool," he said. "The music I use in my classroom is all folk music, passed on from generation to generation. I try to choose music from all over the world and tell the kids where it comes from and the history of the songs. It's great music."

He has presented workshops at music education conferences at the collegiate, state, regional and national levels on topics such as the student teaching and job interview process, Storytelling and Improvisation in the Elementary General Music Classroom, and Choosing Quality Folk Repertoire for the Classroom.

For the past six years, he has performed with The Jolly Beggars, a traditional Celtic folk band formed with four of his music teacher friends. They have recorded three albums as a band and perform frequently throughout the Northeast.

Willard started exploring Celtic music when he was attending The Hartt School, influenced by one of his friends, who was getting his master's in French horn performance.

"He grew up with Celtic music and won a trip to Ireland. When he came back, he wanted to start a band. I didn't know much about the music. He got us turned onto a whole bunch of stuff, then we all kind of started studying in our own. That was a neat experience," Wilfrid said. "In high school I performed music and was recording music in my basement and playing shows by myself. This was the first time I was in a regularly gigging band that was making money."

"The music I use in my classroom is all folk music, passed on from generation to generation."

–Greg Wilfrid

The name of the group comes from an Irish song.

"It was one of the first songs we learned. We had a really hard time coming up with a name for a group. With a lot of our performing, we're just goofing around the stage, so I feel it's an apt description," he said.

Chris Vece, a West Hartford resident and an instrumental music teacher at Rock Hill Elementary School in Wallingford, plays Burke tin whistles and contributes vocals in the band. He met Wilfrid in an a cappella group called L'Shir at Hartt and the two ended up being roommates for a number of years.

"I have spent numerous hours with Greg in rehearsals, performances, jam sessions, song-writing sessions and random social singalong/make up silly songs on the spot hangouts," Vece said. "What always impresses me about Greg is his ability to hear chordal structures and harmony within music. This ability facilitates Greg's high musicianship in all situations, especially ones where there needs to be a lot of improvisation and flexibility with what is about to occur musically. Greg's go-with-the-flow ability in musical situations makes it so much fun to perform music with him."

Vece attests to Wilfrid's less serious side.

"My favorite time ever spent with Greg was in New Smyrna Beach, Florida. We flew in and got picked up at the airport by this weird and funny guy we found on Craigslist named Mav who thought that catfish were ugly. We rented bikes from him as well, and rode them up and down the beach all week. We stayed out late one night and ended up deciding to ride back home along the beach instead of the road. We came across what seemed like millions of crabs being crushed underneath our tires for miles. We felt bad, but couldn't stop laughing at every crunch and the scattering little creatures that we had no chance of avoiding. I have pages and hours of stories with Greg, but that bike ride was one of my favorites."

While Wilfrid enjoys performing and recording with The Jolly Beggars, he said the time was right to do his own album.

"It was something I had wanted to do for a while. My good friend Sean [Rubin] was living on a sheep farm in South Windsor, and he wanted to start recording music. Over a year and a half, I went over to the farm [to record]. He helped me figure out what made sense, things I never would have thought of. It was really cool to have him be producer on this," Wilfrid said. "I went once every two months or so; every couple of months, we'd work on the music. One day, we'd do drums, then we'd try guitar, then we'd do vocals again."

It took about two years of recording on and off to do the album.

Serving you since '62

Farmington Miniature Golf & Ice Cream Parlor

NOW OPEN DAILY

Traditional Miniature Golf at its Best!

www.farmingtonminiaturegolf.com

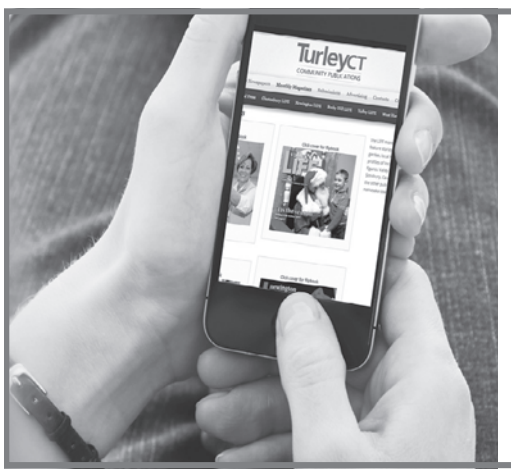
LOCAL WEEKLY TOURNAMENT!

Tuesdays at 6 pm starting June 28th - August 30th

$15/pp for 2 Rounds of Tournament Play.

CASH PRIZES!

1048 Farmington Ave. (Rt 4) Farmington • 860-677-0118



READ LIFE ONLINE AT www.TurleyCT.com

TurleyCT COMMUNITY PUBLICATIONS

Summer Specials

2 Dinners for $26.00

Monday & Tuesday 4:00 PM - 9:00 PM

Mix or Match From these great entrees:

Yankee Pot Roast • Fish N' Chips
Fried Clam Strips • Mac N' Cheese
Prime Rib • Chicken Pot Pie
And... You can add two salads for $4.00!

Sorry No substitutions ~ Dine in Only

At the Bar . . .

Happy Hour Monday ~ Friday 3-6

Reduced Priced Draft Beer, Wine & Drinks!

Special Prices on Appetizers

THE CORNER PUG

1046 New Britain Avenue, West Hartford

Directly across the street from the Elmwood CTFastrak Station

860-231-0241

"Greg's versatility on instruments was striking to me right when I met him. His role in his Celtic group The Jolly Beggars has him playing not only guitar and leading vocals on several songs, but also has him playing tenor banjo as well. Greg is well known as a fantastic music teacher and has held workshops and speeches at CMEA conferences to very positive acclaim.

"He is also the music director of [First Church] in West Hartford which is known for the great entertainment he provides during worship services and during extracurricular events, such as his Tuesday evening concert series that he holds in August," Rubin said.

"Greg's record features him on nearly every instrument; all the drums, acoustic guitars, piano, synths and most other things you hear are Greg. Greg also has a very eclectic taste in music, and as a result his own music becomes a culmination of so many different styles that it creates a distinct style all on its own. Greg is very easy to work with, and even with his wide range of talents and capabilities in music, he's always interested in collaborating with other artists for the greater good of the project, which to me, is one the most important quality an artist can have."

"Dust and Soil" was released in February. Since then, Wilfrid has done a few shows, including one with just six people in the audience, others before bigger crowds.

The songs "came from different places," he said. "They've been marinating. The oldest song I wrote freshman year of college. There was no rush to have this out or a deadline. It was cool not have a deadline and to let everything marinate and breathe. There are some personal stories in it and a lot of direct imagery."

He said friends will ask about certain lines or verses, and recognize which event triggered a tune, such as one about living in West Hartford with a former girlfriend, while his landlord was going through a divorce.

Wilfrid keeps a running list of song ideas in a Word document.

"Even a sentence that might be a good song lyric," he said. "I usually start with that."

While he used to play more frequently, he said he doesn't write much on the piano. He takes advantage of technology when coming up with ideas.

"If it's a line of guitar, I try to record it quickly on my computer or on my phone so I don't forget it," he said. "I've just experimented with all these random lines to see if anything made sense."

He studies the process of musicians he admires, such as The Beatles.

"I like to see how other musicians do things so I'm not doing the same thing over and over. That's what I was doing when I was first songwriting, because I didn't have a big bag of tricks."

He also studies a lot of folk music.

"It's really cool hearing people who aren't making money, [who create music to] express the human condition. That's super powerful," he said.

"There are a lot of authentic recordings, such as from the mountains of Kentucky. There's just this lady singing this song. She's singing a song that needed to be sung at that time. If you want to get background knowledge, [you ask,] 'Where did song come from? Where did the person learn this song?' That's what makes it great," he said.

He tries to keep the folk tradition alive with his students.

"I ask them to teach me their clapping games and I incorporated some in the classroom," he said. Prior to a recent concert, while the children were sitting in rows, waiting to be called, an interesting thing happened.

"Almost all of them paired off and started playing clapping games. On the bus ride, kids are playing games together in the seats. These games, that some kid created sometime, are being passed on grade to grade. It keeps the tradition alive in some way," he noted.

He volunteered at a Pete Seeger music festival, which he called "an awesome experience." He also studies standup comedians.

"There's a lot of standup comedians who talk about how they craft a joke, how they craft a story. That's been huge for me in the last couple years. There are a lot of parallels between creating an album or a show and how a standup comedian creates a show," Wilfrid said.

He is committed to writing new music.

"My friends have been coming to all our shows. They come out and support me. I've been trying out new songs. I don't want them to keep hearing the same songs." **WHL**

Learn more at gregwilfrid.com.

Where to FIND IT

Personalize it

Have some fun personalizing a cutting board with a message of some kind with these boards from JK Adams of Dorset, Vermont. All kinds of messages and graphics can be used as well as a variety of fonts. These boards are available at the Cook Shop Plus, 977 Farmington Avenue. Find the shop on Facebook or call 860-461-0667.

Perennial power

Annuals are awesome, but perennials are perpetual. Find an assortment of trees and shrubs to decorate your yard at Gledhill Nursery. In business since 1922, the nursery offers a wide variety of trees, shrubs, perennials and a knowledgeable staff to find just the right thing. The shop is located at 660 Mountain Road, near the corner of Albany Avenue and Mountain Road. Visit www.gledhill.com or call 860-233-5692 for more information.

PET SUPPLIES PLUS®
Minus the hassle.

Sale prices valid:
June 30 - July 27, 2016

Plus A small, easy to shop store.
Minus The winding big box store aisles that keep you longer and keep them waiting.

Tail Waggin' Deals

2 weeks only! June 30 - July 13

$8.98 with card
True Chews Dog Treats
12 oz. Pkg., All Varieties
YOU SAVE $6.00

2 weeks only! July 14 - July 27

$8.98 with card
Fresh Step Scoop Cat Litter
15.4 lb. & 25 lb. Box, All Varieties
YOU SAVE $5.00

Valid June 30 - July 4 only

$5 OFF
YOUR PURCHASE OF $30 OR MORE
MUST BE A PREFERRED PET CLUB MEMBER. SIGN UP IN STORE TODAY. IT'S EASY.

STORE COUPON. May be redeemed at participating Pet Supplies Plus locations only. Must be a Preferred Pet Club member. One coupon per household please. No cash value. May not be combined with any other total purchase offer. OFFER VALID JUNE 30-JULY 4, 2016 ONLY.

PLU #89598
PET SUPPLIES PLUS

Hill's Science Diet Veterinarian Recommended

$39.98 with card
Science Diet Dog Food
33 lb. & 38.5 lb. Bag
Light, Longevity, or Advanced Fitness
YOU SAVE UP TO $10.00

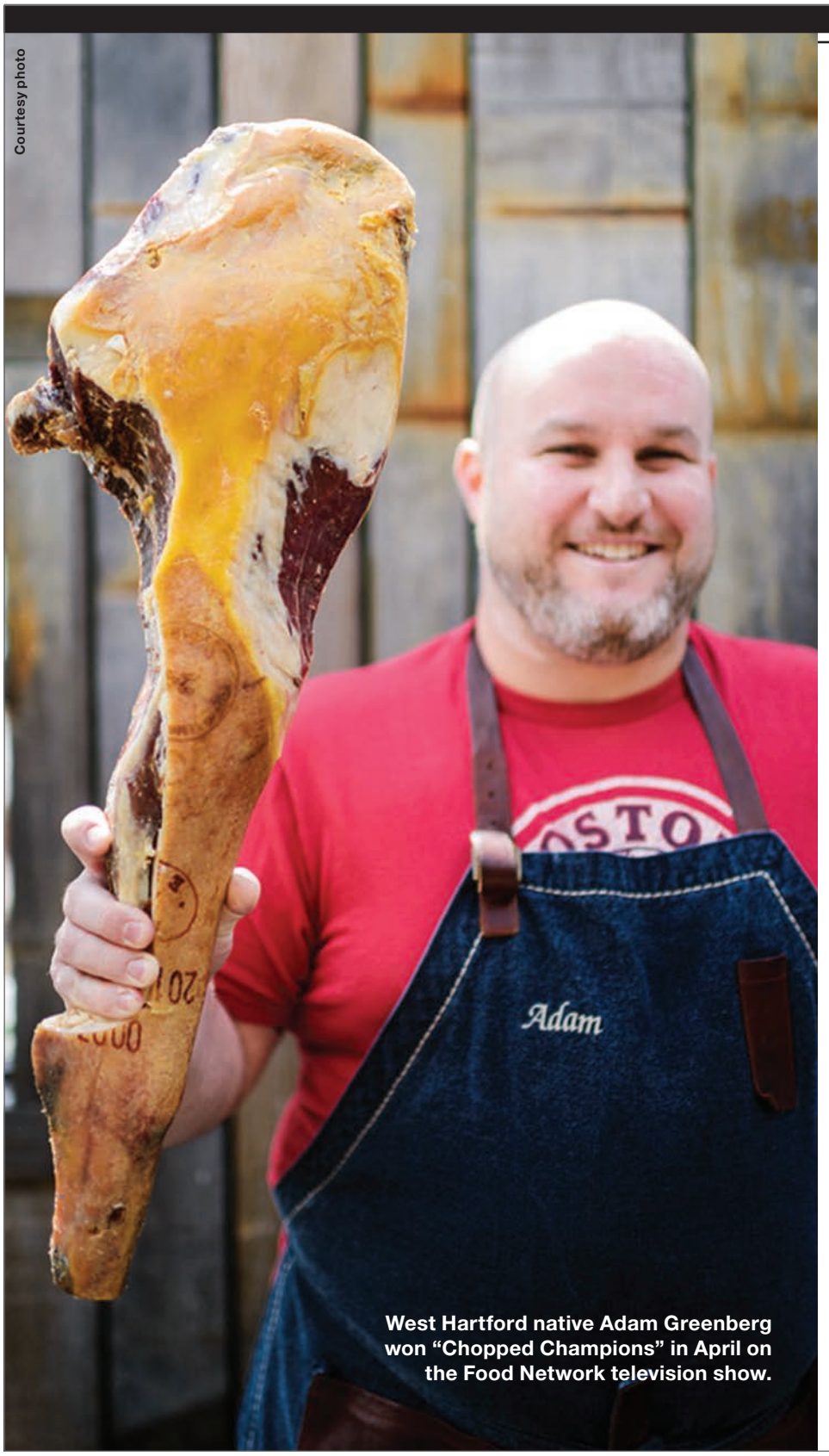
$31.98 with card
Science Diet Cat Food
15.5 lb.-16 lb. Bag
Select Varieties
YOU SAVE UP TO $7.00

3/$6.00 with card
Science Diet Healthy Cuisine Dog Food
12.5 oz. Can
Select Varieties
YOU SAVE $0.54 ON 3

10/$9.00 with card
Science Diet Healthy Cuisine Cat Food
2.8 oz. Can
Select Varieties
YOU SAVE $1.80 ON 10

Connecticut stores are family owned and operated.

BRISTOL	GROTON	MANCHESTER	WEST HARTFORD	WETHERSFIELD	WETHERSFIELD
1168 Farmington Ave.	646 D. Longhill Road	283 W. Middle Tpk.	2480 Albany Avenue	1773 Berlin Turnpike	1142 Silas Deane Hwy.
860.585.5544	860.446.0022	860.533.9780	860.570.2461	860.563.3110	860.563.3510



Courtesy photo

West Hartford native Adam Greenberg won "Chopped Champions" in April on the Food Network television show.

Champion chef

'Chopped' winner Adam Greenberg got his start in Connecticut

by Mara Dresner
Staff Writer

Adam Greenberg began his cooking career at the age of 18 under the guidance of Billy Grant of Bricco restaurant. Grant convinced him to attend Johnson & Wales University, where Greenberg received his culinary degree. While at Johnson & Wales, he apprenticed for two years under Loren Falsone and Eric Moshier – two of Food & Wine Magazine's Best Up and Coming Chefs of 2001 – at their restaurant, Empire, which was recognized by Condé Nast as one of the top 50 new restaurants in the world.

After graduating cum laude from Johnson & Wales University, Greenberg moved to New York City to work under celebrity chef Tom Colicchio at Gramercy Tavern, where he spent the next year. Greenberg then moved back to Providence to become sous chef at the Providence Oyster Bar, where he made the menu daily, using his creativity to utilize fresh ingredients.

He then moved on to corporate America with The Capital Grille, a well-respected "power" steakhouse. After years of traveling from Florida to New York City, Greenberg returned home to Barcelona in West Hartford, and is now executive chef at Barcelona 14th Street in Washington, D.C.

He has twice won "Chopped" on the Food Network; his most recent win was in April on "Chopped Champions."

Q: What's your earliest memory of being in the kitchen?

A: Growing up, my stepfather, David, was always into cooking, and I remember how interested I was in the process and love he put into preparing dinner. I was mesmerized by his technique and attention to detail, and realized there was so much more depth to the world of cooking. My favorite dishes of his were homemade pizza. He used to make individual-size pizzas and freeze them. He taught me how to use the pizza stone so after school I could cook it up myself. He also introduced me to veal osso buco when my mom was away one weekend. He said, "I'm going to treat you to something special this weekend." We watched football together and ate one of the most memorable meals of my life at 10 years old. I'll never forget those times. He's very special to me when it comes to the parallels of my life and my passion for what I do professionally. He's always been an inspiration.

Q: Have you always been adventurous with food?

A: Not only was I the most

Exceptional Family Dentistry
"Let us take care of your dental needs and those of your entire family. We'll take the time to listen. Our office is conveniently located in Elmwood Center with free parking." – Dr. Rick
Dr. Rick Liftig Dentist
10 Princeton St. West Hartford
860-232-8466 www.drliftig.com

...Hassle Free Living
There's no place like FEDERATION HOMES
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD
Affordable Independent Living for Older Adults 62+ and Individuals with Disabilities
Visit us at www.federationhomes.org
(860) 243-2535
Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.

Villager at Avery Heights
Summer Sale!
40% off
All Clothing & Accessories
The Heights
Avery Heights • A Village of CHI
Summer Hours
July-Labor Day
10am-2pm
550 Avery Heights
Hartford • 860-953-1201

adventurous with food, but my parents always joke with me now that I had the most expensive taste. When going out to eat, my siblings would order one dish, whereas I was always adamant about ordering a dish for each course. As a 10-year-old at a restaurant, you could most likely catch me ordering escargot or steak au poivre off a menu.

In the fifth grade I brought celery, cream cheese and caviar to school at Morley [Elementary School] for snack time. I didn't really know what I was doing; I just knew my parents liked it and figured I would too. I remember making all the other students cringe wondering what in the world was I eating, and I vividly remember my parents asking me where the caviar was when I got home from school.

Q: When did you know that this was the career for you?

A: I always enjoyed cooking and always had an interest in food, however it didn't occur to me immediately to apply for culinary school. Instead I attended Syracuse University for one year for liberal arts, right after high school, and the traditional university setting never clicked with me. I felt there was something missing and I knew it was not the right path for me. I decided to leave Syracuse after my freshmen year and moved back to my hometown of West Hartford.

Once back in West Hartford, I was connected with Rich Rosenthal and Brad Karsky ... [of] Max a Mia, through my parents who knew them well. I'll never forget my first interaction with Brad, sitting outside of Max a Mia. Brad tried to make sure this was a commitment I was willing to make. He had a sense I was a good kid, but that I was probably naive to the reality of how hard this business really was. Essentially, he knew his crew was going to eat me alive. I said I would commit and give it my all. I walked into the restaurant, saw Jamie Bissonnette, a James Beard award winner and inspiration to my career, cooking his ass off as their sous chef, as well as telling jokes, swearing, yelling and going for drinks after work, and knew I was in the right place. I knew then that by entering into this industry, it would forever impact and mold me into the person I am today. I just didn't know it would have been the beginning of the greatest ride of my life.

"The biggest challenge is remaining calm and staying organized."

–Adam Greenberg

Q: What attracted you to this world?

A: It's funny, because the young aspiring chef that graduates culinary school today is attracted to this world because of the stardom and fame. They look at Food Network, and think, "I can be that." Food Network wasn't really around when I was growing up so I didn't fall in love with the industry because of that stardom aspect, but rather the love and passion of cooking itself. My stepfather and I would watch chefs of the world on PBS and that was the extent of cooking shows. Maybe a little Jacques Pépin and Emeril at times, but there was no reality TV or cooking competitions.

I never did this for money or fame; I always did it because it called out to me.

Q: Tell me about a defining moment as you were training as a chef.

A: Defining moments that come to mind are ones with chefs and leaders that I both respected and hated. The chefs early in my career that I respected, such as Billy Grant, really taught me the fundamentals of being a chef and really commanding a kitchen. Everything from appreciating each individual ingredient to how to operate a bustling restaurant. But it's the chefs that I sometimes butted heads with that also gave me those defining moments – and those chefs will remain unnamed – but they equally taught me what I didn't want to end up like in this industry. I didn't want to end up jaded and hating the industry like some chefs end up doing. I wanted to continue to love this industry, no matter the time and hard work that I would have to put into it. Everyone tried to talk me out of this career, but I still, to this day, wonder why. Maybe they didn't follow their passions or gave them up. But I've stayed the course, worked my ass off and continue to love what I do. It comes with sacrifice, and a lot of blood, sweat, and tears, but what successful person didn't go through that to achieve greatness or success?

Q: How did you come to be on "Chopped"?

A: Seeing some of my culinary friends like Jamie Bissonnette and Christian Petroni on "Chopped" tickled my interested for wanting to get to that next level. Frankly, I was annoyed. I had seen about 15 friends and colleagues go on the show; some won, most didn't. I kept being persistent – most call it annoying – with the casting director, and eventually she called my number four years after our initial contact.

Q: What's the biggest challenge of being on "Chopped"?

A: The biggest challenge is remaining calm and staying organized. I was focused on that being my goal, not about the basket as much as one would think. I know food; I'm confident in my ability to think on the fly. I knew if I stayed within myself, only I would beat myself. If I was going to lose, it was going to be because I failed myself, not because someone else did better.

SHORT TERM RESPITE CARE

If you need a getaway or time to take care of a few things for yourself, we can take care of your loved one. For a week or a few weeks, we will keep your loved one safe and comfortable. Let us tell you more about this very special service.

West Hartford
Health & Rehabilitation Center

130 Loomis Drive, West Hartford, CT 06017
860-521-8700 westhartfordhealth.com

Affiliated with Avon Health Center

Caring for loved ones. *Family style.*

- 170 bed Skilled Nursing Facility for Short-term Rehabilitation and Long-term care.
- Fully-staffed Active Rehab Program for Physical, Occupational and Speech Therapy
- Professional team available 7 days a week for admission, discharge, recreation and financial needs.
- Convenient to all local hospitals

Please call to arrange to visit our beautiful facility.

Hughes Health & Rehabilitation
29 Highland St., West Hartford
860-236-5623

Family owned and operated since 1961

ANIMAL HOSPITAL of Rocky Hill ESTABLISHED 1979

"Family Owned, Family Operated, Family Values."
- Dr. Jason Haviar

10 WARNING SIGNS YOUR PET NEEDS IMMEDIATE CARE!

1. Breathing difficulties
2. Serious bleeding
3. Major trauma
4. Lacerations/bite wounds
5. Collapse/loss of consciousness
6. Poisoning
7. Prolonged vomiting/diarrhea
8. Infections
9. Difficulty urinating/defecating
10. Eye redness/tearing or spasms

Mon-Thurs: 5:30 pm - 8:00 am • Fri 5:30 pm - Mon 8:00 am
24 hours on Major Holidays

588 Cromwell Ave • Rocky Hill
860.563.4447
www.animalemergencyct.net

Q: What lessons did you learn from your first "Chopped" experience?

A: The first time was surreal, walking on the set, seeing the judges, but it's truly a whirlwind. You meet at 5:30 a.m., and filming interviews and doing the competition takes all day. So, it's important to get a good rest the night before, eat breakfast and be laser-focused. I felt like going into the second battle, I knew what I needed to do, but wasn't trying to be cocky or overly confident. We all had won an episode, so I knew the competition was going to be fierce.

Q: Tell me what was best about your recent win.

A: This has been an amazing ride, having people stop me and asking to take a pic, but the best part is the attention my parents have gotten. My mom's office littered her walls with posters of me celebrating the victory on the show. My dad has received tons of texts and calls from friends, and the videos my brothers and sisters have sent me of my nieces and nephews watching the win have been the best parts of it all. It's cliché, I know, but when you actually hear how proud everyone else is, and for my parents to get that love, it's really what matters, making them proud. It's not as if they thought me being a chef was going to be a good idea way back then.

Q: Have things changed since your win?

A: Yes and no. No, I am not quitting my job and traveling around the world. As a matter of fact, I still got home at 2 a.m. last night. However, it's nice to see some local Food Network and Barcelona Wine Bar fans coming to visit me at the restaurant, asking to take a picture and talk to me. It's nice to get that love and admiration. Hearing it from my family is what makes it all worth this.

I loved the story my brother recently told me about my niece Lucy. She went to school and drew a picture of "Uncle Adam being rich." It's funny to me how many people think this means you can retire or take a year off or something. I went right back to work the next morning like nothing happened. Other than that, I have received interest from those in the industry on opening up my own concept. I know that those around me believed I was a great chef, but I think this solidified my hard work, my journey and my success. For now, I am staying with the restaurant that I love and that has taught me the most, at Barcelona Wine Bar 14th Street. However, I'm sure you will be hearing more from me in the next couple years.

Q: People must hate having you over for dinner. What would you like to be served in someone's home?

A: I'm sorry, I don't understand the question – I haven't been to someone's house for dinner in ages. I'm a workaholic; my hours aren't exactly conducive to going out on weekends with friends and family. I always joke, "If you want to hang out at 11 p.m. on a Tuesday, I'm around." In all seriousness though, I'm not a picky eater and hate when I intimidate people when they cook for me. Honestly, I love home-cooked meals and just appreciate the fact someone is cooking for me. I always eat whatever is in front of me anyway; that's how I maintain my beautiful figure!

Q: What do you miss about Connecticut?

A: They say, "There is nothing like home," and that's very true. I love D.C.; it's been an amazing city, probably my favorite place I've lived in all my years away from Connecticut; I moved a lot. However, Connecticut is home. I miss my family and being able to just drive over to see my nieces and go swimming with them. I miss going to dinner with my mom from time to time just to catch up. My wife and I miss our standing Sunday brunch at Max's Oyster Bar where we would eat a shellfish platter for two before we settled on three brunch items. She always has to have one sweet and one savory. The chef community in Connecticut is growing and has shown its strength these last couple years. I love being a part of that group of chefs; they are all awesome people and so talented. They all inspire me, and maybe one day I'll own something in my home state.

Q: Are there foods that should never be paired together?

A: Fish and cheese, I just don't get it when I see that. It's a cardinal rule; stick to it.

Q: What restaurants are on your bucket list?

A: I'm dying to check out Pineapple and Pearls in Washington, D.C. It's this really interesting concept by Chef Aaron Silverman, a recent James Beard winner, and serves amazing, technique-based comfort food. Some bucket list restaurants in Connecticut specifically include Oyster Club in Mystic. I blame @cteatsout for posting such delicious photos on their Instagram page and tempting me to come back to check it out. Community table [in Washington, Connecticut] has been on my bucket list for quite some time. I am amazed with all their incredible accolades.

Q: Is there something you eat that would surprise people?

A: I'm addicted to Shake Shack's chicken sandwich. It just got released a couple months ago here in D.C. I have one a week probably. I also enjoy me a good French dip. **WHL**

For your active lifestyle

ROUTINE AND URGENT ORTHOPEDIC CARE

John J. Mara, MD | Robert W. McAllister, MD | Randall J. Risinger, MD | Kevin A. Belanger, PA-C

Christopher J. Berube, PA-C | Wayne M. Perosky, PA-C | Elyssa L. Roberts, PA-C | David C. Woodworth, PA-C

- General Orthopedics and Surgery
- Sports Medicine – Youth to Adult
- Hip and Knee Replacement
- Hand and Upper Extremity
- Shoulder Care and Surgery
- Reverse Shoulder Replacement
- Arthroscopic Surgery
- Adult Fracture Care

At Hartford Orthopedic Surgeons, our medical staff is dedicated to delivering superior orthopedic care at each of our three locations. If you have an urgent orthopedic need, visit our **Walk-in Center in Manchester**. Whether it's an accident, a sports injury that's flaring up, or acute joint pain that takes you by surprise, come to Ortho Speed Pass and receive expert orthopedic care without the wait.

HARTFORD ORTHOPEDIC SURGEONS PC
htfdorthosurg.com

ORTHO SPEEDPASS
Walk-In Urgent Orthopedic Care
NO APPOINTMENT NEEDED

HARTFORD
1000 Asylum Ave., Suite 2108
860.525.4469

AVON
35 Nod Rd., Suite 105
860.525.4469

MANCHESTER
515 W. Middle Tpke., Suite 110
860.432.4640
Open Mon-Fri 8am-8pm Sat 9am-4pm

Avon Old Farms Hotel

Let the ***natural beauty*** of the outdoors enhance your style

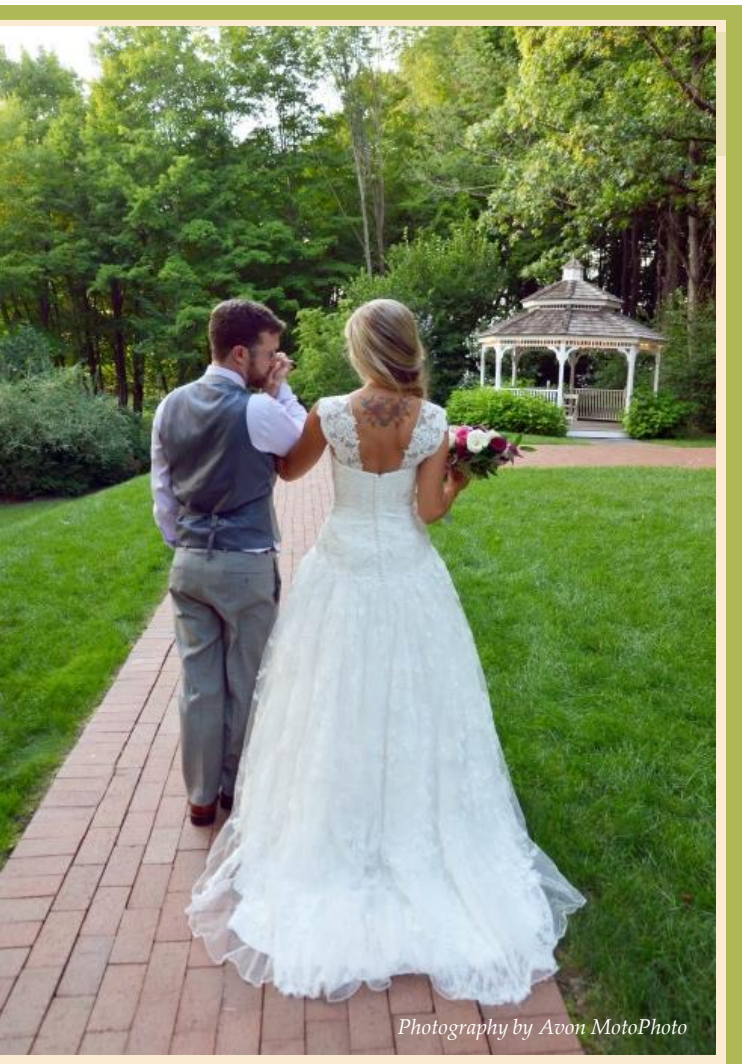
Make a unique statement for those
"***times of your life***" moments

Beautiful gardens and landscaping offer
endless photo opportunities

Garden gazebo and three-story lobby for
romantic ceremony settings

Personal attention with on-site coordinator

Flawless detail…***one wedding*** at a time



Classic Hotels of Connecticut • Avon Old Farms Hotel
279 Avon Mountain Road • Avon, CT 06001 • 860.269.0236 • AvonOldFarmsHotel.com • Weddings@AvonOldFarmsHotel.com • Facebook.com/AvonHotel

The Simsbury Inn

Elegant Weddings • Exquisite Cuisine • Impeccable Service

Sweeping Lawns and Seasonal Gardens for Photos

Renowned Expertise in Planning & Customizing Your Special Event

Classic Hotels of Connecticut • The Simsbury Inn • 397 Hopmeadow St. • Simsbury, CT 06070
860.651.5700 • www.SimsburyInn.com • www.Facebook.com/SimsburyInn • Pattic@SimsburyInn.com

Educational QUEST

Promise to son leads to pilot program at USJ

by Lynn Woike
Editor

Photo by Lynn Woike

Dr. Lisa Roland promised her son, Jamie Roland, that he would go to college, then worked to make that experience possible.

When Jamie Roland's friends graduated from high school, he said they went on to attend the University of Connecticut, American University, the University of North Carolina, the University of Rhode Island and the University of New Hampshire. Then, his sister left home for their mother's alma mater, Union College in Schenectady, N.Y.

When he graduated from Hall High School in 2014, Jamie Roland said he wanted to go to college, live away from home and have a roommate, but there was no college in Connecticut with a program for intellectually challenged young adults.

His parents, both physicians, made him a promise: he would attend college. It took years to keep that promise, but Dr. Lisa Roland had no intention of failing.

"The long, involved process was very personal," she said, calling herself "an instigator."

"About 2 1/2 years ago, I started really looking into college programs for individuals with intellectual disabilities, and I noticed ... there are 250 programs around the nation. ... Not a single one was in Connecticut," she said.

Of those, only about 50 are residential, the closest being outside of Albany, N.Y., and in Cambridge, Mass.

"I started talking to people about a potential program here, and everyone I spoke to was very much in favor of starting a program in Connecticut," she said. "In addition, it became very important to me to have Jamie go to college in the state where I hope he will live. Why would I send him to Albany to go to college, find a job and learn the public transportation routes if I hope he would live in Connecticut? It just makes sense that he should go to college in the place where he hopes to live so he can find a job, learn the bus routes and enjoy the community."

Roland began to reach out to individuals who might be able to help. A committee of about 50 people from all over the state came together quickly, with representatives from the legislature, nonprofit organizations, professors, self-advocates, students, parents and siblings, transition coordinators and teachers.

"It's been wonderful. We've grown tremendously, and we've gotten a lot of support from everyone we've spoken to. ... We've had the unanimous support of this operation," she said, listing such allies as state legislators Beth Bye, Joe Verrengia and Joseph Becker, and U.S. Sen. Richard Blumenthal.

Dr. Sheetal Sood, associate professor and director of special education at the University of Hartford, was one of the first people Roland contacted when she began forming a committee.

"She's been my guardian angel. I call her my Mother Teresa," Roland said.

"A college program dedicated to including individuals with disabilities will allow young adults with disabilities to not only be a part of an experience that everyone should have, but also be a stepping stone for them to be independent," Sood said. "It would be an opportunity to help them access education that will train them to obtain a job like any other adult. I believe that such a program will also contribute to the progression towards equality and diversity in the field of higher education."

The group met formally and informally. Subcommittees were formed. There were conference calls.

"We researched probably about two dozen different college programs," Roland said.

The goal was to start a residential program, she said, explaining that living away from home was a "huge piece" they didn't want to do without, because it is only in that setting that independent living skills can be learned.

"Here at home, my husband and I are enablers," she said of their constant prompting.

"There's a lot of living and learning that takes place when our young adults don't live in the home anymore, and that's a huge piece of independence, and a lot of us want that for our children. We don't want our kids to be reliant on us. We want them to be as independent as humanly possible. All of us want to teach our kids how to fish. We don't want to keep giving them a fish."

The program she wanted would prepare them to live, work, shop and pay taxes in their communities.

"We want to break the cycle of poverty," she said. "We don't want our kids dependent on Social Security or [the Department of Developmental Services] or Medicaid. We want our kids to have a meaningful life with a meaningful job. Subminimum wage is unacceptable. Sheltered workshops are unacceptable. Our kids deserve better. It's time we took them out of the shadows ... [and] give them the opportunity to make their own choices," Roland said.

If her son becomes independent and has a job, she estimates that it will save DDS $2 million over the course of his lifetime.

"We're talking about saving the state money. When our young adults become more independent, their needs go down tremendously, so that saves the state more money. They don't need Medicare because they're getting private insurance. They don't need DDS services because they can do things on their own."

Until this spring, "there had been

EDUCATION

a lot of no's," Roland said.

Then, the University of Saint Joseph said yes.

"The why is easy," said Dr. John Molteni, associate professor and director of the Institute for Autism and Behavioral Studies. "We have this history of serving individuals with intellectual and developmental disabilities."

The university was looking at various options to expand, he added.

"We were considering alternative programming for students that we are currently serving," he said, when Roland presented them with her vision.

It fits with the university's mission and provides the opportunity to serve students between the ages of about 21-25.

"We moved quickly. We're looking to launch in the fall," Molteni said.

Provost Dr. Michelle Kalis noted, "The university also has a history of responding to the needs of the community."

The pilot will be a unique program within the university that builds on the expertise of faculty and staff committed to supporting choices available to students after their educational eligibility ends.

Called Quality University Experience and Supported Transition, or QUEST, Kalis said the program will have the same academic calendar as the college, with classes held weekdays from 8:30 a.m. to 4 p.m.

"It blends in with the university life as a whole. ... There will be opportunities for students in this program to interact with our college students and the opportunity for our college students to mentor them, acting as buddies," she said.

Five students are needed for the program to start. If there is sufficient interest, up to 15 can be accommodated the first year.

Applications – available on the university's website – will be screened. Students meeting the criteria will be invited for interviews, and offers will be made based on those interviews, she said.

Each student will have a program tailored to his or her interests and goals, and will include classroom experiences, vocational work and life skills.

"It's going to be a lot of one-on-one working with students to determine what their interests and the skills they need to do it," Kalis said.

Successful QUEST students will receive a certificate of completion.

"We have a strong program in special education as well as applied behavior analysis, and we have a lot of interests and expertise in this area throughout the university. We really feel that this will be a program that benefits not only the students who attend the program, but the university as a whole," Molteni said.

Roland said, "This is their program that they're going to do. They're the experts in the arena of special education."

She praised them, calling them "amazing, creative, out-of-the-box thinkers" who will "make this work."

"We're so excited; we can't wait. It's awesome," she said.

Jamie Roland smiles wide when talking about the prospect of spending his days on a college campus in the fall, and finding a path to his future.

He's gotten a taste of the college experience – taking a class and making friends at the University of Hartford while working in the computer lab on campus, sorting and delivering mail, and helping professors with paperwork for their classes – and loves it.

"I do not believe that he would be this happy if he were working at a different location," Lisa Roland said. "He loves being with his age-appropriate, non-disabled peers. It has been a huge boost to his confidence and sense of achievement, and we owe it all to Dr. Sood."

While a residential piece may be possible in the future, it will not be offered when the QUEST program begins in August, Kalis said.

That was a compromise, Roland noted, adding, "There are these beautiful, brand new apartments that are being built literally right behind Saint Jo's, and there will be a pathway that's no more than 20 yards ... right to the campus."

She said the builder is willing to work with her steering committee as the opening grows closer. Her plan is to rent one of those apartments for her son, noting that students who choose to live in the apartments will gain independent living skills and still be able to integrate into the campus.

Roland is also seeking state schools to offer the program on a larger scale, at a more affordable price, and with all students being able to live on campus.

"The cost factor is huge," she said, noting, "There was nothing to save for when my child was first born. We'd like to give families the opportunity to find a less expensive option." **WHL**

Applications are available online from the university's website: usj.edu. Questions can be directed to quest@usj.edu.

"We have this history of serving children with intellectual and developmental disabilities."

–Dr. John Molteni

Lord Edwards
Grooming Room
Where your pets are treated like royalty!
All breeds & cats professionally groomed
Grooming 10% off
New customers only. Some restrictions
191 Day St. Newington / W.H. Line • 860-953-1555
Only 1 mile south of New Park Ave.
(near Cashway Lumber, 1 block south of W. Hartford) Safe, ample parking

...Comfortable Living
There's no place like
FEDERATION HOMES
ACCEPTING APPLICATIONS FOR OUR 1 AND 2 BEDROOMS WAIT LIST
156 WINTONBURY AVE., BLOOMFIELD
Affordable Independent Living for Older Adults 62+
and Individuals with Disabilities
Visit us at www.federationhomes.org
(860) 243-2535
Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.

EDUCATION

Girls change their expectations

JA survey finds more young women now expect income equality when they grow up

by Mark Jahne
LIFE Staff

There has been debate a for decades about the different wages earned by American men and women for performing the same jobs. That filtered down into the minds of teenage girls, who, in national polls, tended to indicate that they saw such gender inequality as problematic, but also the reality of the business world.

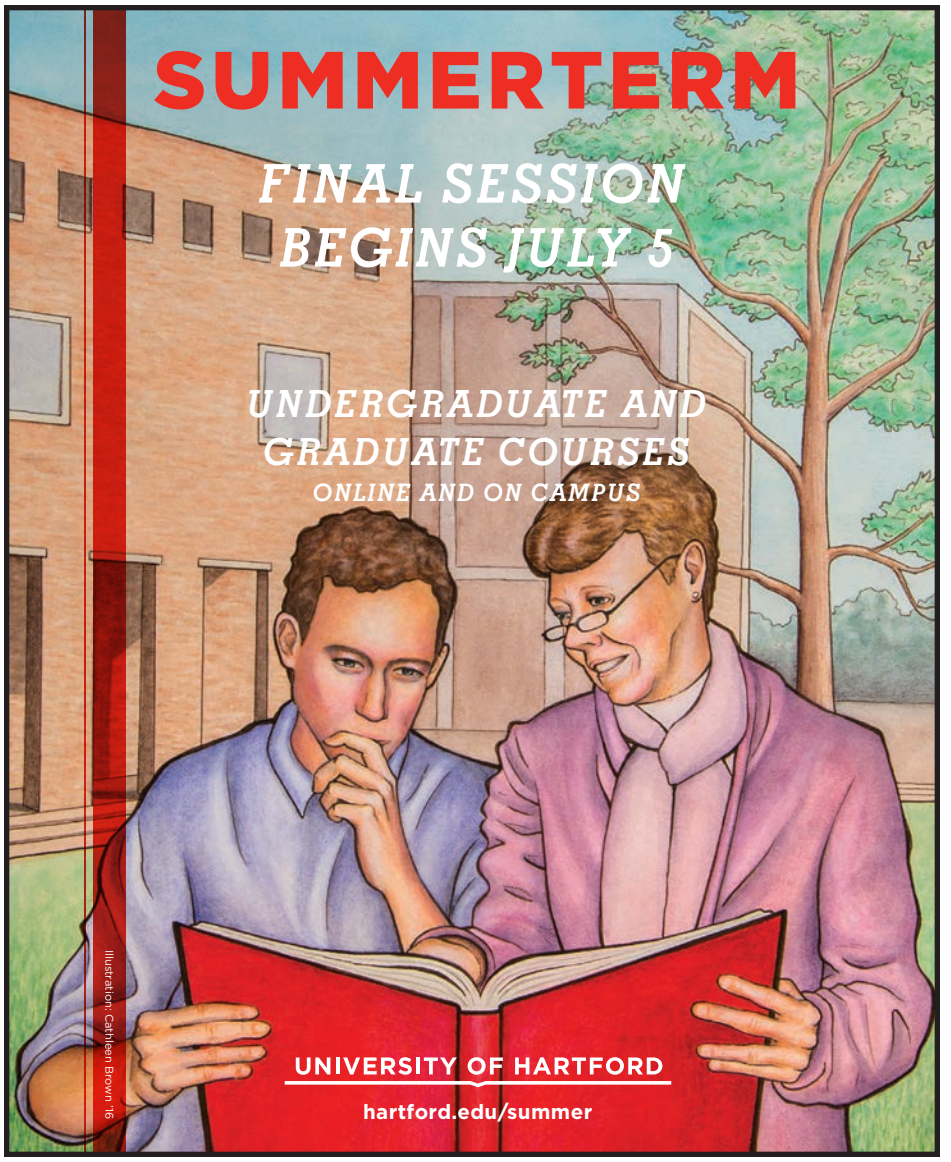
Not anymore.

For the first time, teenage girls now have the same income expectations as teenage boys, according to a national survey compiled earlier this year by Junior Achievement and Voya Financial. The main question posed was, "Do you think you will make more than $35,000 per year in your first job?"

In the 2014 survey, 44 percent of male respondents and 35 percent of female respondents said yes. This year, the numbers were 40 percent for males and 41 percent for females.

"The gender gap in expectations has been wiped out," stated a news release from Junior Achievement of Southwest New England, based in Hartford.

Lou Golden, the president of



EDUCATION

Junior Achievement of Southwest New England, said there has been a lot of talk about equal pay for equal work.

"These results suggest that these efforts may be having a positive effect on young women's expectations of what they should be paid as adults. That's good news, and long overdue," Golden said. "We have regular surveys that we do with young people. It reflects what's going on in the world, the awareness of a lot of societal issues by young people."

His agency has partnered with the Junior League of Hartford to offer JA Career Connections For Young Women. This program is designed specifically for high school students and includes an 11-week after-school academy and job shadowing opportunities.

"We work diligently to prepare young people for their own economic success. That is as true for girls as for boys, and it's promising to see that progress is being made," Golden said.

The national survey of 1,000 teenagers also found that nine out of 10 expect to attend college. Forty percent expect financial aid in the form of scholarships or grants. Twenty-one percent expect to receive financial support from their families.

"It reflects what's going on in the world, the awareness of a lot of societal issues by young people."

–Lou Golden

Seventeen percent plan to work to earn money for college, and 11 percent anticipate taking on student loans to provide for their further education, the latter a number the JA considers unrealistically low.

The agency cited data from the Institute for College Access and Success that indicates 69 percent of students who graduated from public and nonprofit colleges in 2014 had student loan debt averaging $28,950 per borrower.

The percentage of college graduates with student loan debt over the past decade has increased, and the average amount owed is more than twice the rate of inflation. In Connecticut, 62 percent of college graduates faced an average debt upon graduation of $29,750.

Those interested in learning more about this and other Junior Achievement surveys can go online to ja.org/news. **WHL**

READ LIFE ONLINE AT www.TurleyCT.com

Turley CT COMMUNITY PUBLICATIONS

FIRST CHURCH ACADEMY

for YOUNG CHILDREN

Nurturing the growth of the whole child.

First Church Academy for Young Children is a strong reflection of our mission statement and vision for the children in our care.

We offer programs for infants through Pre-K 5. We currently have select openings in our three and four year old classrooms and in our Pre-K 5 classroom for the 2016-2017 school year.

Our program is proud to have earned NAEYC Accreditation - the mark of quality for early childhood programs.

naeyc Accredited

Please call us for more information and to arrange a tour.

12 South Main Street, West Hartford
860.232.2106
www.whfirstchurch.org

One wise decision...infinite possibilities.
It starts at Renbrook School.
Contact us today to learn about our summer walk-in Wednesdays

2865 Albany Ave.
West Hartford, CT 06117
860.236.1661
www.renbrook.org

Renbrook School
Bringing Learning to Life
Preschool-Grade 9

Renbrook School welcomes students of every race, religion, national and ethnic origin.

EDUCATION

Joining the BABYSITTERS *club*

Area classes teach basics so parents, youth feel confident

by Mara Dresner
Staff Writer

Babysitting is a rite of passage – and source of income – for many teens. Since there's more involved with babysitting than simply hanging out with a child, many youths turn to locally offered classes to learn the basics.

When Rita Chhabra's daughter, Avani, an eighth-grader at Griswold Middle School in Rocky Hill, was ready, she signed her up for a course offered through Rocky Hill Parks and Recreation.

"I wanted her to have a better understanding of the knowledge and skills needed to provide a safe environment while taking care of an infant or child. I also wanted her to have confidence in herself while being responsible for the children," she explained. "The whole five-hour course taught her so much and was extremely detailed and thorough, but I believe the first aid section, learning rescue breathing, as well as other strategies for handling emergency situations, is something everyone should know."

Avani completed the American Red Cross Babysitter Training Course April 10 in a course taught by Nancy Brescia, APRN.

"I wanted to take this class because I babysit for my cousins and I wanted to improve my skills," Avani said. "I think the most surprising thing I learned was about how many children suffer from food allergies."

She said the class has already made a difference in how she approaches babysitting.

"I have more patience and I problem solve when the children are fighting. I also have become more creative when thinking of fun things to do, and I have become a better communicator," she noted.

Livia Jacobs, aquatics/recreation supervisor with Rocky Hill Parks and Recreation, said the course is offered a few times a year.

"We offer it a few times a year and it generally fills up with 10 to 15 students. Anyone ages 11 to 15 can take the course, but we predominantly have girls taking it," she said.

"It is not required to be a babysitter, but I think that parents might feel more comfortable if the sitter has the certification."

The Red Cross offers several course options, according to Stefanie Arcangelo, chief communications officer, American Red Cross Connecticut and Rhode Island Region, which is based in Farmington.

"The Red Cross offers three different babysitting courses. The courses are designed for new babysitters and child care professionals, and the child care training courses allow individuals to gain the skills necessary to care for kids of all ages," Arcangelo explained.

Babysitting Basics is a self-paced online course, which was created for those ages 11 and older.

"Our online babysitting training course can help you learn how to provide care for infants and children, understand what to do in an emergency, choose age-appropriate activities, recognize and handle a range of behaviors [and] learn how to start your own babysitting business," she said.

The in-person Babysitter's Training is recommended for those ages 11 to 15.

"This course is designed to help participants develop leadership skills, build their business, help keep themselves and others safe, help children learn how to behave, and learn basic child care and basic first aid," Arcangelo said.

Advanced Child Care is offered both online and in person, and helps participants gain the skills to care for children and infants inside and outside of the home.

"The course delivers leadership training, child behavior and discipline training, as well as information on professionalism, safety, basic child care and more," she noted.

The Red Cross also offers first aid and CPR/AED certification courses.

While the basics of babysitting have remained the same through the years, Dawna Shepler, regional manager with Lifesafe Services, LLC, said today's babysitters have much more information at their disposal.

"I feel that [babysitting is] the same in terms of providing purpose and finding value within the community and social environment; and

that it differs in terms of available resources, including the Internet. The modern-day babysitter has much more to draw upon for their future actions regarding caregiving and community building skills. This level of training, with all of the new resources, offers so many opportunities for young community members to begin to take more self-worth into our collective future," she said.

Lifesafe Services, headquartered in Jacksonville, Fla., offers two courses, which are held at locations throughout the country. In Connecticut, they've offered more than two dozen classes so far this year in towns across the state, including West Hartford and Simsbury.

Their advanced course teaches child/infant CPR and first aid.

"Students get a two-year certification in CPR/first aid," Shepler said.

She said that while some states have regulations, an average age to start babysitting is 12.

"Before they are ready to be on their own, no matter their age, if they do not have any caregiving experience, it is more appropriate to become a Mother's Helper and integrate more with hands-on training, as early as 11 years old," she noted.

Arcangelo said while children as young as 11 can enroll in the Red Cross. Babysitting Basics course, parents should consider their own child.

"Each individual is different, and there are a lot of factors that go into whether or not a specific individual may be ready to take on the important role of babysitting someone's child," she said.

"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] directions well and [enjoying] being around children."

– Livia Jacobs

There are a number of traits that make for a good sitter.

"I think the qualities of a good babysitter are maturity, being responsible, organized, [following] directions well and [enjoying] being around children," Jacobs said.

"Experience, common sense and a deep caring for others makes a good sitter," Shepler noted.

She said parents should take time when choosing a sitter for their children.

"When looking for good sitter, don't skip a comprehensive interview meeting with each other. A checklist of questions regarding the details of being in charge in their house is the backbone of the relationship. This is not an interrogation, but rather a well-thought out list of questions, procedures, schedules and location of household emergency items. The babysitters' classes emphasize how important data is to both parties, so that all works well, and safely, for everyone," she said.

After the prospective babysitter passes initial muster, Shepler recommended having a second visit, where the babysitter comes and interacts with the children while the parents are home.

"[That's] the best way to follow up after the initial meeting and informational exchanges," she said

Parents should review the background of the prospective sitter.

"When hiring a babysitter, parents should choose someone they feel comfortable with, who they know to be trustworthy, reliable and responsible. In a survey, the Red Cross found that eight in 10 parents would pay more for a babysitter who held Red Cross babysitter training and certifications. Also, having a sitter who is trained in first aid, CPR and AED is an important consideration. Babysitters trained in those skills will be able to render aid to a child in the event of a medical emergency," Arcangelo said.

Parents should make their expectations clear, including addressing technology.

"In today's day and age, technology can become a concern for parents when hiring a babysitter," she said. "Whether it be concerns about the babysitter being distracted by technology while on duty or their children being exposed to technology they normally are not allowed to, for example, the babysitter allows the child screen time when the parents normally do not.

"The best thing for parents to do would be to outline their expectations for technology use for both the sitter and for their own children up front." **WHL**

LOVE WHO YOU BECOME @ CAPITAL COMMUNITY COLLEGE

Fall Classes Start August 29th.

CAPITAL Community COLLEGE

capitalcc.edu 860-906-5077 950 Main Street, Hartford

TurleyCT Community Publications

Life Publications The Valley Press The West Hartford Press

To advertise call 860-651-4700 • TurleyCT.com

Our New Location at
625 New Park Ave, Suite F • West Hartford
959.888.3103
next to HARTFORD BAKING CO. BREADS & MORE
info@houseofjujitsu.com

HOUSE OF JUJITSU
mastering self-defense

All Ages Welcome No Contracts - Ever!

Metacomet Trail

Hiker follows trail 15 miles through five towns

By Roberto Vargas
Correspondent

With minimal hiking experience, good health but not a particularly athletic body, water, an iPhone and a copy of John Hibbard's "Connecticut Walk Book, East," Roberto Vargas walked the 27-mile segment of the Metacomet Trail from the Plainville-Farmington line through Avon, West Hartford, Bloomfield and Simsbury, ending at the Granby town line. He did it in four outings. We bring you his story, in his own words, in the hopes it inspires you to walk some or all of it this summer.

Rattlesnake Mountain segment

The Metacomet Trail is a pretty amazing place, offering miles of unspoiled, undeveloped land with great views and a deep sense of nature that makes you forget about the rest of the world, giving you time to reflect. I broke up the trail into four segments based on John Hibbard's "Connecticut Walk Book, East," a trail guide published by the Connecticut Forest & Park Association, and walked them on four different days.

The first segment started in Plainville. The trailhead is on the east side of CT Self•Stor, just down the road from Lowe's. It is difficult to find until you know exactly where to look.

1

1 The entrance is marked by a small blue oval sign. From the road, you see a wall of trees. However, if you walk up to the trees, next to the blue sign, you'll be able to see that there is actually a well-worn path that leads you onto the trail.

The trail starts on somewhat of an incline, but then levels out a bit. This does not mean that it gets flat, as this is a mountain trail, but it wasn't especially taxing. The first landmark was the former Nike missile site **2**, three miles in, that was somewhat spooky with roads that lead nowhere. All that's left of the radar portion

2

2

2

3

4

Photos by Roberto Vargas

of the facility are some tubing and stone structures. (Its corresponding launch site was located in Farmington, on Hyde Road off Route 6, now occupied by Stanley Access.) After it was demolished, nature began to reclaim the land while the tar driveways hold the memories of the military personnel who traversed them.

A third of a mile more brings you to Pinnacle Rock Summit 3, which offered breathtaking views, even on a cloudy day. From its 600-foot elevation, rain could be seen in the distance, along with an impressive expanse of the Farmington Valley.

About a mile farther along the trail is a large rock face. This part gets a little tricky and is not as easy to navigate, as there is a lot of loose stones and a sharp incline. There is also a small hole in the rock wall 4 to get through to continue up to the top of Rattlesnake Mountain. At its top – 760 feet high – is a box nailed to a tree 5. In this box is a book in which travelers recorded their names, trail experiences, drawings and poems.

With the trees all around, there was not much of a view.

Just 1/10 of a mile more brings you to William Warren's Den 6. This landmark would have been easily missed if I had not known to look out for it. It is marked by a plaque.

The rest of this section of the hike was not terribly difficult. The trail lets out at Poplar Drive, six miles from the start, a few houses down from 50 Cent's mansion in Farmington 7. The trail goes along Poplar Drive and then down Mountain Road.

7

5

5

6

Hill-Stead and Talcott Mountain segment

Starting on Mountain Road was the next leg of the hike. It actually begins in someone's driveway 8. This section of the trail has fewer sights to see. Aside from Kilkenney Rock about five miles in, it is basically just a walk through the woods.

The steepest part happens right before the Kilkenney Rock turnoff, which I actually walked past without noticing. Kilkenny Rock is reached by way of the yellow-blazed trail, taking you to a vista and then back to the main trail.

It is also right about this section that the trail crosses from Farmington into Avon.

Another 1.3 miles and I came to a ledge with a view 9.

While the portion of the trail I hiked this day was not the steepest or the most scenic, it was one of the longest, with plenty of wildflowers and wildlife including lady's slippers 10 and a number of millipedes 11.

I also noticed two areas that were somewhat swampy 12, which I believe were the vernal pools described to me.

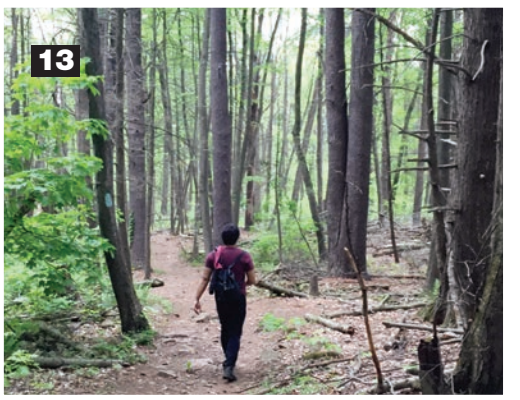
Do not get me wrong, there are inclines and declines in this stretch, but it is not as easy to lose your footing as it is on other parts of the trail 13.

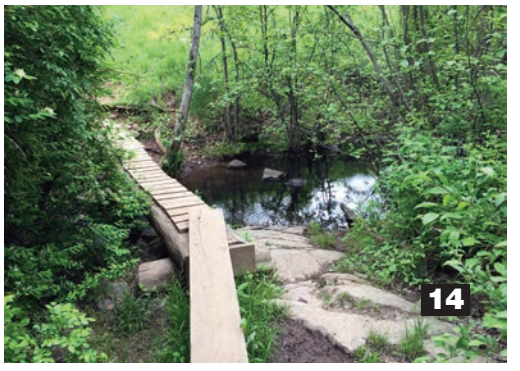
Often, the trail went along paved roads. At the 4.1-mile point, you pass through an opening in the Metropolitan District Commission's fence before continuing along the road.

Shortly before the end of this section, you'll come across a water control dike reached by this path 14. By turning right and crossing the stream, you'll come out on Route 44, ending eight miles that, all in all, were a pretty good workout.

8

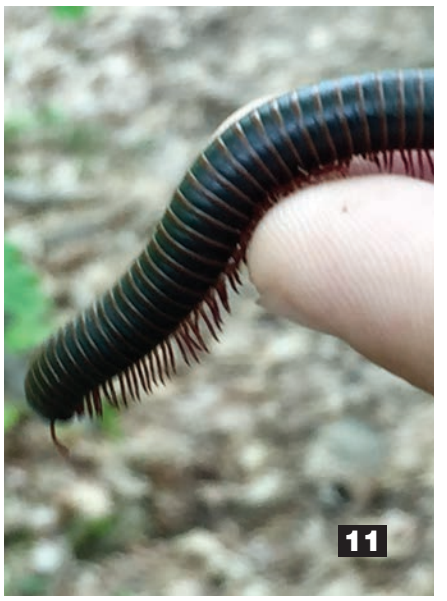
12


13


14

9

10


11

Talcott Mountain and Heublein Tower segment

The third section contains the Heublein Tower. This 5.6-mile stretch of the trail is probably one of the shortest, but has some of the most awe-inspiring views. I had been to the Heublein Tower more times than could count, but it wasn't until I climbed it along the Metacomet Blue Mountain Trail that I realized the sheer magnitude of the area.

It would be a great place to take a date – if you're not afraid of getting sweaty.

The trail 15 runs along the west side of the Reservoir 6 16 before leaving MDC property and crossing into Talcott Mountain State Park.

15

16

Past the radio tower is a marker 17 noting the spot where the borders of three towns meet: Avon, Bloomfield and Simsbury.

The Heublein Tower 18 offers perhaps the best views on the trail. Open daily from 10 a.m. to 5 p.m. until Labor Day, the tower has public restrooms, a small museum, and a picnic area. Admission is free.

The trail continues to Route 185 and Penwood State Park.

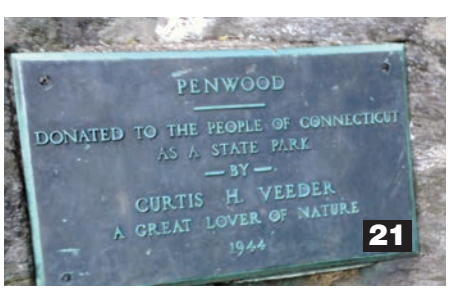
Photos by Roberto Vargas

It was along this section of the trail that I encountered two snakes. One was a magnificent five-foot black rat snake 19. Remember, snakes do not chase people and will usually do everything in their power to avoid people. It is only when one bothers a snake that they become aggressive. I also found a checkered garter snake 20, another beautiful animal.

19

20

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com



Penwood segment

The last section of the trail, which starts at Penwood State Park 21, has some steep ascents and descents that would make it a challenge for beginners. Yet, this part of the trail was probably my favorite. The mountain laurel was in bloom 22, and there were areas littered with columbines 23 and lady's slippers.

About 1.7 miles in, you come upon a shrine made of several rock formations 24, one bearing a photograph of a dog, which I imagined had passed away. It was both intriguing and eerie.

Very shortly after that is Lake Louise 25, a beautiful body of water.

Next was the old Veeder cabin 26. Penwood Park was the 787-acre estate of Curtis Veeder.

Numerous mountain-top lookouts offered great views across the state 27.

Little remains of Bartlett

Tower 28, a former hilltop recreational resort that drew thousands to Tariffville.

The trail lets out onto Mountain Road in Bloomfield 29, just south of the Simsbury town line, before continuing down to and along Route 189 into Granby.

WEST HARTFORD CHAMBER OF COMMERCE

WELCOME TO OUR NEWEST MEMBERS!

Prime HealthCare, PC
Susan Albano
1007 Farmington Avenue
West Hartford

EF Educational Homestay Programs
Chris Speers
139 North Main Street
West Hartford

Planet Bark
Jeff Cuniff
37 Darcy Street
West Hartford

Morgan Stanley
Thomas Duddie
433 South Main Street
West Hartford

What's Happening Media Company
Jeff Lovanio
182 Penn Drive
West Hartford

Orange Theory Fitness
Nate Gibson
345 North Main Street
West Hartford

The Chamber encourages your support of our business community.

Keenan Haircutters
at DKM Hair Studio
361 Park Rd. West Hartford
Ask for Kathy: 860-712-5698

Specials:
Cut & Color ... $58
Highlights ... $75 & up
Wash, cut and blow dry ... $25
Regular Hair Cut $22
Kids under 12 ..... $15

Dog Days
OF West Hartford
WHERE DOGS PLAY, INSIDE AND OUT.
Follow us on:
Let your dog experience our large indoor-outdoor play facility with pick up and drop off service included*
Now Offering Professional Pet Grooming
• Superior clipping and scissoring by professional groomer
• Breed-specific cuts • Refreshing Baths
• De-shedding programs • Pedicures
www.dogdaysct.com
Bob Duncan, Owner
bob@dogdaysct.com
860.982.9323
*West Hartford only

Photos by Roberto Vargas

Final thoughts

I was not in the best of shape and I 30 was able to do this hike, split over four weekends. The main thing is to take your time and to do it at your own pace. I wore a pair of year-old $24 Walmart shoes to hike the trail, and came to understand there might be a reason for fancy hiking shoes.

I would not suggest doing the hike while it's raining or shortly after it's rained. I made this mistake when I went to Rattlesnake Mountain; coming down, I hit a mud patch and fell pretty hard. Also, I wouldn't do it on a super sunny day, as this will make things a bit insufferable with the amount of mosquitoes and gnats that are on the trail. A sunny but breezy day in the mid- to high-70s worked best for me. I hiked the first part with someone special, the second part with friends, and the last two sections by myself – and I enjoyed all of it.

There were people rock climbing near Rattlesnake Mountain and mountain bikers along the Kilkenny section of the trail. Joggers and people walking their dogs could be found on all sections of the hike.

The 62.7-mile Metacomet Trail that traverses the Metacomet Ridge in central Connecticut is a part of the newly designated New England National Scenic Trail. It is also part of more than 800 miles of the Blue-Blazed Hiking Trail System. To plan a hike, look for the Blue Trails interactive map at ctwoodlands.org. **WHL**

RONCARI AUTO RENTAL LLC

• No Seasonal price hikes.
• Cars are thoroughly sanitized before every rental.
• 10% discount on POSTED RATES BELOW for StarCard Members and their out-of-town colleagues and corporate associates, AAA, Costco, BJs, and Sam's Club.
• Plus all applicable airport fees and taxes.

2015 Kia Forte Economy Size
$47.95/Day – Everyday

2015 Kia Optima Standard Size
$59.95/Day – Everyday

Must make reservations at:
roncariautorental.com 1-800-555-6540

POST ROAD TOURS
2016 Bus Tours
Get Your Seat Today and Leave the Driving to Us!!

Washington DC 7/8-7/10
Last Chance to sign up

911 Museum & Intrepid - 7/23
Don't Miss These Two Great NYC Attractions!

Yankees vs. Indians in NY - 8/6
Red Sox vs. Royals in Boston - 8/28

NY Renaissance Fair - 8/13
This is the Adventure of a Lifetime!!

Come See a Broadway Show in NYC - 9/3
Jersey Boys or School of Rock
Your Choice of Two Great Shows!

For More Information: postroadstages.com

860-644-3484
1105 Strong Rd. South Windsor, CT 06074

west hartford LIFE

540 Hopmeadow Street, Simsbury, CT 06070
860-651-4700

Read our publication online at TurleyCT.com

KEITH TURLEY, Publisher

EDITORIAL
Abigail Albair, Executive Editor
aalbair@turleyct.com
Lynn Woike, Editor
Alison Jalbert, Assistant Editor

STAFF WRITERS
Alicia B. Smith, Allie Rivera, Mara Dresner, David Heuschkel, Ted Glanzer, Sloan Brewster

ADVERTISING SALES
Lisa Oster-Zippin
lisa@turleyct.com,
860-264-5652

PAGE DESIGNERS
Daniel Kornegay, Cynthia Martel, Robert Sirois

GRAPHICS DEPARTMENT
Barbara Ouellette, Production Manager
ads@turleyct.com, 860-264-5523
Maureen LaBier, Production Assistant
Daniel Kornegay, Corley Fleming, Cynthia Martel, Kathy Kokoszka, Mary Grimes

CIRCULATION
For circulation issues, please call 860-651-4700

FOLLOW US ON

published by
TurleyCT COMMUNITY PUBLICATIONS

Writer's block

Of acorns and eggcorns

by Lynn Woike
Editor

Since a colleague recently introduced me to eggcorns, I can't get enough of them. It's the most fun I've had with words in a while, so I thought I'd introduce them to you, in case you've been missing the fun.

Eggcorns are not the little nuts that drop from oak trees in the fall; they're a relatively intriguing new linguistic phenomenon that encourages cerebral calisthenics.

An eggcorn, according to Merriam-Webster, is "a word or phrase that sounds like and is mistakenly used in a seemingly logical or plausible way for another word or phrase either on its own or as part of a set expression."

The expression was added to its online unabridged dictionary only last year.

They're something like puns, except they're unintentional.

Apparently, the first eggcorn came about when someone used "eggcorn" in place of "acorn."

It's easy to understand why. After all, acorns (without their caps) are shaped somewhat like eggs, and they are to trees what eggs are to chickens and corn kernels are to corn stalks. All are seeds from which life grows.

Google "eggcorn" today and you'll find hundreds, if not thousands, of them online.

They are a distinctive type of gaffe, formed when there is a mixmatch of the letters in a word or words in a phrase, yet, despite the mismatch, it makes sense – maybe even better sense.

Yes, mixmatch is an eggcorn, and its meaning is clear.

Another eggcorn is the commonly used "real trooper" when in fact the idiom is "real trouper" – meaning someone who fights for their beliefs without giving up easily, although pronounced like the word for a police officer or soldier, who also are likely to fight for what they know is right.

The correct phrase for when a horse chews on its bit when eager or impatient is "champing at the bit." Nearly everyone, however, says, "chomping at the bit," which is not all that wrong because the horse is biting down, or chomping. That is an eggcorn.

It's as if something was used incorrectly long enough that now it's acceptable to celebrate it.

"Deep-seeded" in place of "deep-seated" is another great example, as in "His comments revealed a deep-seeded racial bias." The editor in me would've said that's wrong, but if you think about it, the supposed mistake makes a lot of sense.

Same with "free rein," referring to horses allowed to move freely without being controlled by reins, and the mistakenly used but sensical "free reign," meaning a ruler doing whatever he or she pleased with their kingdom.

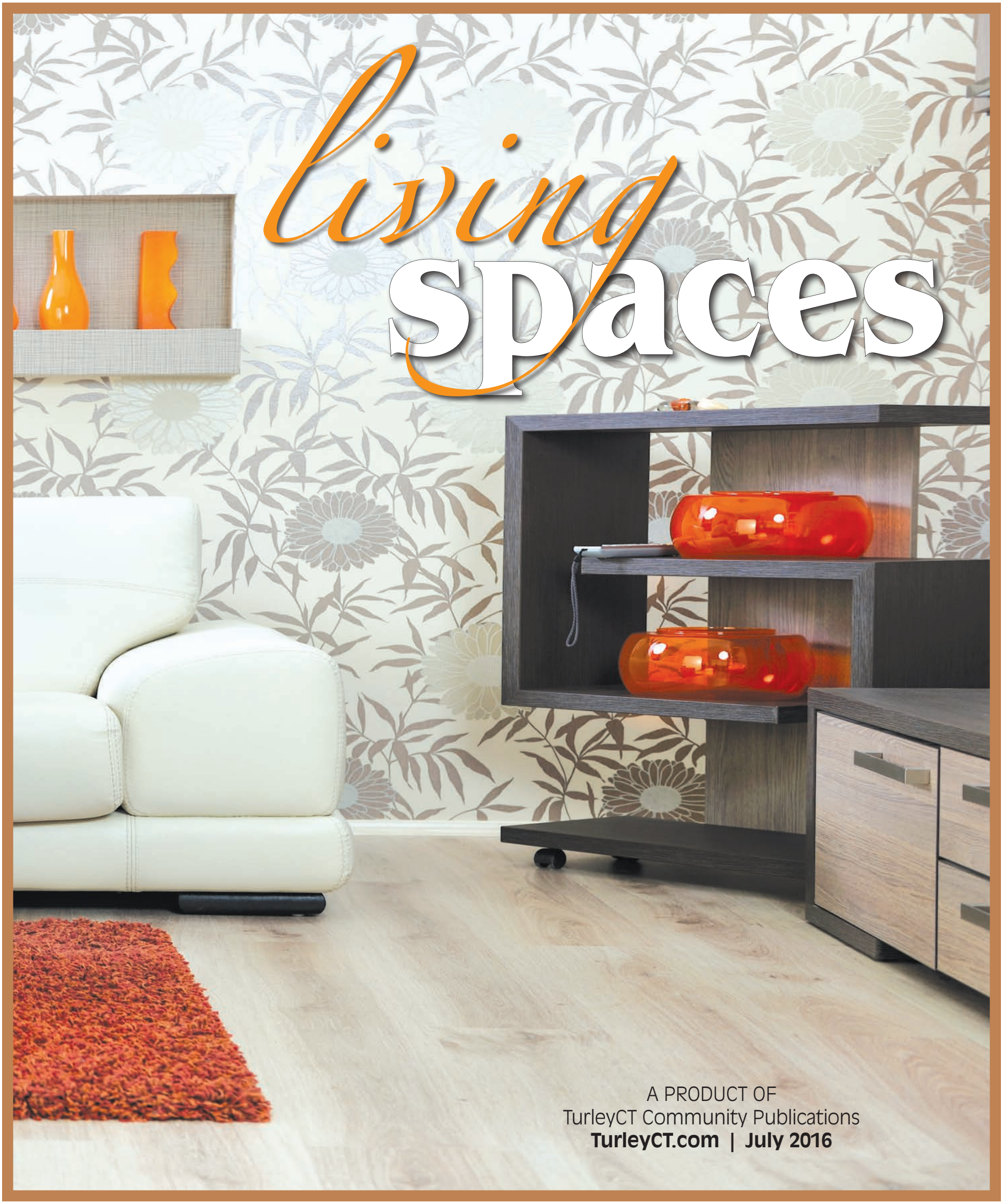
But this idea of playing with eggcorns is trying to loosen me up a bit, to fly in the face of everything I've culled from "The Elements of Style," "Woe Is I: The Grammarphobe's Guide to Better English in Plain English," "Word Menu," "The Grouchy Grammarian: A How-Not-To Guide to the 47 Most Common Mistakes by Journalists, Broadcasters, and Others Who Should Know Better," and my two copies of "The Associated Press Stylebook."

I love puns, so this month I began embracing eggcorns, and found I'd been using one without knowing it, "all in all." Apparently, the correct phrase is "all and all." I was also using "bold-faced lie" when I should have been using "bald-faced lie."

Here, in no particular order, are a few you might enjoy. (The correct wording is in parentheses.)

"Anchors Away" ("Anchors Aweigh")
Coldslaw (coleslaw)
Safety deposit box (safe deposit box)
One in the same (one and the same)
Doggy-dog world (dog-eat-dog world)
Butt naked (buck naked)
Hare's breath (hair's breadth)
Lip sing (lip sync)
Mute point (moot point)
Preying mantis (praying mantis)
Collaborating evidence (corroborating evidence)
Do diligence (due diligence)
Ex-patriot (expatriate)
Explanation point (exclamation point)
Post-dramatic stress disorder (post-traumatic stress disorder)
Get your dandruff up (get your dander up)
Morning dove (mourning dove)
Wreckless driver (reckless driver)
Old wise tale (old wives' tale)
Bobwire (barbed wire)
Flaw in the ointment (fly in the ointment)
Old-timer's disease (Alzheimer's disease)
Per say (per se) **WHL**

living spaces



A PRODUCT OF
TurleyCT Community Publications
TurleyCT.com | July 2016

TAILORED Elegance

Fox Hall, built in 1803, on Main Street in Farmington reminds interior designer Holly Holden of the Southern beauties she grew up with as a child.

Photos by Dean Greenblatt

Farmington's Holly Holden shares her design insight

by Alicia B. Smith
Staff Writer

Holly Holden and her husband raised their family in the historic Fox Hall on Main Street in Farmington where she has lived for the past 18 years. She was attracted to the brick house because it reminded her of Virginia, where she grew up.

Through the years, she has added her own elegant touches to both the interior and exterior. She does the same for her clients.

Holly Holden & Company Ltd. was founded in 1989, and Holden cannot imagine doing anything else.

Perhaps her design talent is in her blood: her great-grandparents met at an Emperor's Ball in Vienna and the Empress Dowager of The Forbidden City appointed her grandfather as a high official in customs.

Whatever it is, Holden has been designing classic interiors for years. Her book, "The Pretty and Proper Living Room," offers insights and how-to ideas. She is currently working with CPTV on her own television show, "You Are Cordially Invited," where she introduces viewers to lovely, impeccably designed homes throughout the country. The program first aired in January, and CPTV is actively fundraising to produce more episodes to

DEITCH ENERGY
Looking for a cool breeze on a hot summer day, call us for a free estimate on new cooling equipment
Call for competitive fuel oil pricing!
HOD 0000962
Lic.# S-1 303418
860.728.5431
Follow us on
deitchfuel@aol.com
Retail Fuel Distributor
HVAC Sales & Service

MULCH, TOPSOIL, & ORGANIC COMPOST
grow something special
HARVEST New England
We Deliver!
www.harvestpower.com
860.674.8855

Polish Aid Agency
Insured & Bonded
Live-In Services are available
Providing:
- Companions
- Nannies
- Housekeeping
- Cooking
- Home Care
Phone: (860) 229-6611
Fax: (860) 229-6613
310 Broad St.
New Britain, CT 06053
www.polishaidhomecare.com

be aired in the future.

In between her designing duties and running off to England for the birth of twin grandchildren, Holden took some time to respond to questions, sharing her designing know how and sources of inspiration.

Q: What was it about Fox Hall that attracted you to this home?

A: I grew up in Virginia, and with its grand columns and Jeffersonian architecture, the house just reminded me of beautiful Southern architecture. The front hallway spans three floors, lending a reference to graceful Charlestonian architecture. So, in essence, it captured my heart the moment I entered the house. Our daughter was a boarder at Miss Porter's, so every time we passed by the house, we always were enamored. When our second daughter went for her interview at Miss Porter's, we discovered the for sale sign. That very evening, we toured the house and immediately made an offer to buy it. Love at first sight!

"I believe that the best designs are timeless, tailored, elegant and understated."

– Holly Holden

An elegant place setting invites guests to dine at Fox Hall.

Q: What kind of changes, if any, did you make to Fox Hall?

A: The exterior wood trim and the five columns on the verandah were painted brown and we changed it to white. We painted the interior, which, for the most part, was brown as

Holly Holden of Holden & Company Ltd., has been designing classic interiors since 1989.

"We're a versatile Landscape and Site Development company committed to prompt, personal service, and quality professional results for all of your commercial and residential projects -- big or small."

SIMSBURY, CT 860-651-6130
WWW.CRSLANDSCAPE.COM

Drainage
Excavation & Grading
Septic Work
Demolition
Trucking
Complete Landscape Services
Stone Patios, Walkways, Sidewalks & Walls
Tree Removal

BE INSPIRED
NEW SHOWROOM
FRESH IDEAS

COMPLIMENTARY FULL SERVICE INTERIOR DESIGN
CUSTOM UPHOLSTERY and WINDOW TREATMENTS
FABRICS | FURNITURE

Visit The Original Ehrlich Interiors Since 1902
Schedule online our FREE home or office consultation

EHRLICH INTERIORS
Inspired design with you in mind

Stop in or Call today
860-678-0111
VISIT OUR SHOWROOM AT:
2 EASTVIEW DRIVE | FARMINGTON
MON-FRI 10-4
EHRLICHINTERIORS.COM

LIVING Spaces

Holly Holden invites guests to sign her guestbook, which she keeps near the front door.

well. The old stockade fence was replaced with a custom fence we commissioned. Its design was inspired by the historic fence erected around The Old First Church Congregational Church in Bennington, Vermont, which in turn was inspired by the Peirce-Nichols House in Salem, Massachusetts, which is a handsome Georgian-Federal historic house about the same period as Fox Hall. Fox Hall was built in 1803.

Q: What was it that inspired you to become an interior designer?

A: I have always enjoyed design and I knew I wanted to start my own business, so it seemed like a wise choice. Also, when I started my company, my friends and neighbors were already asking me for advice because I had had experience from renovating three of my historic houses in Connecticut.

Q: How would you describe your point of view when it comes to design? What do you feel are the most significant elements?

A: I believe that the best designs are timeless, tailored, elegant and understated. Every element contributes to the overall aesthetic of a room. To me, making a room inviting is of paramount importance. And, to contribute to that end, an inviting room ultimately will tell a story about the owner, their interests and passions. I like to say, "Details make the difference" – from little trims on a decorative pillow to how collections are displayed. When the furniture is arranged for conversation, the room cannot help but be inviting.

As far as elements, it would be easy to list the large objects in the room – the sofa, carpet, curtains, tables, chests – as the most significant, but when equal attention is given to the smaller details – artwork, needlepoint pillows, lighting, collections – the ambiance of the room will naturally have a subtle, soft appeal, both subliminally and visually. While these objects may be smaller, they are no less significant.

Q: Has your design style changed through the years? If so, how?

A: I have been fortunate in that I feel like with each new client – and even each new house I visit for my book or television – I am given another opportunity to study the elements that contribute to successful classic

The bar in Holly Holden's home enables guests to help themselves.

interior design. While the goal of creating timeless designs does not lend itself to reinvention, I feel that I am able to refine my designs and better train my eye to recognize what fits and what looks out of place. I would say that over the years, my style has grown more refined and come closer to the ideal of understated elegance.

Q: What about your personality helps you with your designing?

A: I genuinely enjoy designing and working with people. It is not work to create, it is work to follow through effectively and it truly takes more time than most people think – time and unlimited patience with vendors and suppliers, to get the job done to the standard that I like to associate my name with. Over the years, my clients have become my dear, lifelong friends. I am most grateful to work alongside such extraordinary people. I feel a giant sense of achievement when I complete a project. That, having been said, being determined, creative, organized, thoughtful and a good communicator certainly helps as well.

There is always a place for the whimsical – in this case, sheep – in classical design.

Holly Holden uses classic elements on her mantel at her home, Fox Hall, in Farmington.

Q: How do you approach working with a new client?

A: On the initial meeting, we discuss how they intend to use the room, what colors they like, what they enjoy collecting and what artwork they are drawn to. I feel that these are the most important things to know, along with their time

GRISWOLD STREET ANTIQUES

RING Diamonds & Emeralds $775

WEATHER VANE $150
folk art - wood

SKIER BONZE BY KELSEY $295

1950's PICNIC GLASSES $42

ANTIQUES BOUGHT & SOLD

119 Griswold St, Glastonbury, CT 860.657.2885 W-Sat 11-5 Sun 12-5

David Litchfield
BUILDING & REMODELING

"It was terrific working with all of you, a terrific team. Thank you for all the hard work. You made it so easy for me."
P.N. West Hartford, CT

Remodeler of the Year!
2004 & 2012
Home Builders & Remodelers Association of Greater Hartford

SERVING THE GREATER HARTFORD AREA

Whether it is a minor remodel, whole house renovation, or a new home, we are the company you should be talking to. You'll find a creative and caring team ready to map out a plan to make your dreams a reality! Give us a call today and surround yourself with a team of professionals with the knowledge, care, tools, and experience to get the job done right!

37 YEARS OF EXPERIENCE
REALLY DOES MAKE A DIFFERENCE!

860-232-1110 OR 860-651-0123
WWW.DAVIDLITCHFIELDBUILDING.COM

schedule and budget.

Q: When you are visiting other people's homes or spaces do you secretly, in your mind, redecorate the rooms?

A: I have to confess that I have been known to rotate a vase so the best flowers are showing or nudge a painting that is slightly off level. I think I just can't help myself. But, as far as redecorating goes, no, I do not find myself doing that. A large component of my work is understanding the wishes of the client and how they use the room, so it takes a fair amount of input before I am ready to start moving furniture around, even in my mind.

Q: What do you feel are the most important components of developing a look for a room to make it inviting, unique and comfortable?

A: A room needs to seem polished and tailored. Attention to detail, recognizing how elements compliment one another and the spacing of elements are all-important components. A successful room is one that makes people want to linger and take it all in. The sincerest compliment to me is when our guests do not want to leave.

Q: How has the industry changed since you began your company?

A: The industry is always morphing and changing, but because I specialize in classic interior design, I have been insulated from many of the changes. Many of the companies I routinely order from are well over 100 years old, and antique furniture is purchased from auction houses around the world.

Classic hunting motifs decorate the library at Fox Hall.

Q: There are so many sources for decorating ideas – from cable channels and websites to magazines and books. Why do you think people are so interested in design?

A: I like to think that design is an extension of our personalities; it is a means of expression. People have this small sliver of the world to call their own, and they shape it to their taste. Just like there are so many cooking shows, learning to apply yourself and creating an impressive result is always going to entice people.

Q: I find the idea of working on design in my own home to be overwhelming. Do certain people have a natural tendency to be good designers? How do you help others feel less intimidated?

A: I understand it can be overwhelming and I believe that some people do have natural gifts. Also, even more than fashion, mistakes can be expensive. While there is no substitute for hiring a competent designer, I believe inspiration is all around us. One of the goals of my book and television show was to expose people to as much masterpiece design as possible so that they can begin formulating a sense of what they enjoy and what is appealing to them.

Q: I was so glad I caught your pilot for "You Are Cordially Invited" on CPTV. Will it continue?

A: We are presently seeking the funding required for the series of five episodes, and I am most grateful for the brilliant contributions to date.

Q: I have always been curious about how other people live and I don't think I am alone in that. Why do you think people are so interested in seeing into other people's homes?

A: I believe that merely showing the house does not tell the whole story. The difference between a house and a museum is that people live in the house. Understanding the owners and the decisions they made and the things they are passionate about essential to understanding the house itself.

I have been fortunate to be invited to many exceptional houses, whether it be through the experiences I was exposed to with my parents as a child, my design work, travels with my darling husband of 40 years, my books or my television show. I enjoy being able to select what I consider the best of the best of private, masterpiece houses and share them with my readers and audience. I believe people have an innate curiosity about how inviting houses are designed.

Q: In addition to the show, what other projects are you working on?

A: I am working on a book about interiors in Palm Beach, Florida.

Q: Your daughter, Caroline Holden Lewis, has joined your company. What were your thoughts when she decided to follow in your footsteps?

A: I was honored that she chose to work with me after her exceptional eight years of working with a prestigious designer in Manhattan. She offers a sophisticated sense of design with a modern, chic perspective. I was elated, I had always hoped we would be able to work together. **WHL**

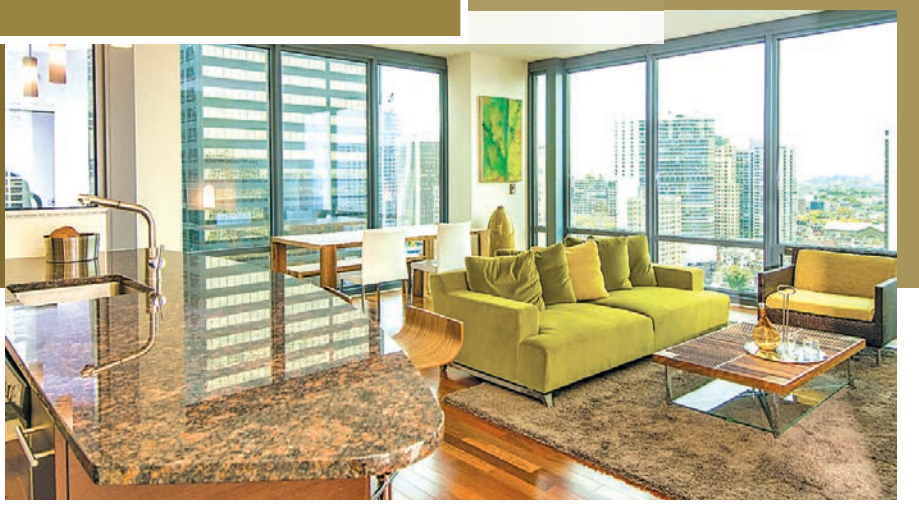
Holden's book is available at www.prettyandproper.com and on amazon.com. For more information visit www.hollyholden.com.

Expert Tree Climbers
Crane Tree Removal
Firewood • Stump Grinding
Landscaping
All workers OSHA certified
Visit our custom wood furniture showroom-tablesbylasa.com
SOTIL TREE SERVICE
Rick Sotil
Jobs Done Clean & Neat
Certified Arborist S-5390
Insured & Licensed #0621784
860-844-8250
FREE ESTIMATES
sotiltreeservice@hotmail.com

A Full Service Professional Company
CLEAN-UPS • MOWING • LAWN CARE
Landscape Design • Landscaping Renovations
Plantings • Shrub and Tree Pruning and Care
Stump Grinding • Mulching & More
We're Local, Trained, Experienced.
West Hartford Landscaping, Inc.
WestHartfordLandscaping.com
860-231-8262
info@westhartfordlandscaping.com

The Dutiful Daughter
Downsizing? Moving?
Settling an Estate? Cutting Clutter?
We can help move, sell, donate or dispose of just about anything.
Free estimates
860.432.5503
www.TheDutifulDaughter.com

THE ILLUSION OF SPACE



"You don't want every small space to look bigger. If you want it to look more intimate, there is no reason to have a light color."
– Sue Cesana

Experts offer tips to make your rooms look larger or smaller

by Alicia B. Smith
Staff Writer

Gone are the days when small rooms feel cramped and claustrophobic, or larger spaces seem cavernous. With a few decorating tips, each space in your home can have just the right, comfortable look no matter how large or small the space may be.

Interior decorator Claudia Rucci of Claudia Décor in Canton lives in a challenging space herself and can relate to many of her clients' issues. Her home has a large, open contemporary design. When it came time for her to decorate her personal space, she took inspiration from hotel lobbies and she often suggests the same to her clients.

"Like a hotel lobby, break it into conversation areas," she said of those large rooms in your home that you would like to make more cozy and intimate.

Homeowners can create a reading area in one part of the room and a place to talk in another.

Area rugs can help define individual areas within a larger space, said Heather Grahling, owner of Vivid Hue in Farmington.

Painting accent walls is another way to help a large space feel more comfortable.

"I have four different colors in this one long expanse," Rucci said of her living room. "You want warm colors to make you feel cozy."

Another way to use color in this type of space is to opt for dark floors and lighter colored walls, or darker walls with lighter flooring, but don't do both dark or both light.

Lighting can also have an impact. Good lighting in each of the smaller seating areas that have been created help to make the space feel more intimate.

Living rooms are not the only large spaces. Rucci said many of these design principles could also be used in bedrooms – arranging one area for the bed and another for a sitting area – as well as in other parts of the house.

Another way to work with large room is to place items closer together.

Items such as window treatments in larger spaces can be thicker to create a warmer atmosphere, as can using more tactile fabrics.

For those with less space, there are plenty of options that give a more spacious feel.

"The main tips for small rooms are obviously bright, light, airy colors," Rucci said. While it is not necessary to have a monochromatic color palette, it is best to keep paint colors in the same tone.

Another option is to do away with window treatments, unless they are needed for privacy. If you do prefer to have curtains, opt for a lighter fabric or sheers.

Many, Rucci said, make the "classic mistake" of pushing all the furniture against the walls of the room. A better option would be to float the furniture in the space so that people can walk around the pieces, which gives the space a sense of airiness.

When selecting furniture for smaller spaces, look for pieces with exposed legs and clear coffee tables.

"Mirrors reflect light," Rucci said, adding they can be used in small spaces.

She dispels the myth that smaller spaces need smaller furniture.

Give Your Furniture New Life
Services:
• Re-Upholstery • Antique Restoration
• Custom-Made • Furniture • Interior Design
• Cane & Rush Weaving • Furniture Repair
• Foam Replacement • Window Treatments
Fabrics:
• Upholstery • Slipcover • Drapery
M-F 9am-5pm, Sat 10am-2pm
Design Services in your home.
Call our Interior Designer Teresa Muenkel today.
Imperial
Decorating & Upholstering
Since 1932 860-232-2277
41 Prescott St., West Hartford • www.imperialdecorating.com

LIVING Spaces

While it might not be best to place a large sectional sofa in a small room, there is no reason to shy away from larger pieces.

"If you have one giant couch, I'd stop there," she said. "I wouldn't go get a million giant overstuffed chairs."

Grahling agreed, saying, "Many people are under the misconception that when you have a small room, you need to fit smaller pieces into the space. Quite the opposite is true. Minimize the clutter of lots of little tables and bookshelves and chairs. Instead, if you have a few larger pieces of furniture, it will minimize clutter to the eye and make the room actually appear larger."

Minimizing clutter is the key, Grahling said, offering some creative ways to do it.

"Make use of hidden areas by using an ottoman with hidden storage or a bookshelf that neatly displays smaller items. Also, hanging a shelf high – almost along the ceiling line – is a unique trick to extending the length of the room and making it appear larger."

Sue Cesana of Mahers Paint, with locations in Simsbury and Avon, suggested looking at the lighting in smaller spaces. If the room has several windows and gets a fair amount of natural light, this may allow for using a darker color.

"I think in those cases, you can have a better effect by not doing a lighter color on the walls but on the trim, with the wall being slightly darker," she said. "It will recede like a mat on a picture: you focus on the white of the trim, and you look outside."

For those small, dark spaces, Cesana suggests keeping the walls a brighter, lighter color and to keep in mind how the color reflects light.

"You can look at the color strip and see what will reflect light better," she said.

Grahling said, "Soft tones of powder blue, gray and white will create a softer appearance and thus, create the illusion of more space."

Ultimately, Cesana said, it is up to the homeowner to decide what's needed.

"You don't want every small space to look bigger. If you want it to look more intimate, there is no reason to have a light color," she said. "It's a matter of personal preference."

Other options include painting the ceiling, depending on its height and slant. A smaller space can be made to look bigger than it actually is if, in the instance of a slanted ceiling, the color continues up the wall and onto the slanted portion to add more height.

Grahling agreed, saying that "painting the ceiling will add height to the room."

Cesana noted that, increasingly, homeowners are gravitating towards lighter and brighter colors.

"It's a whole cleaner palette than in the past," she said.

"The biggest thing I see from my end is not following personal preferences," Cesana said. "They read this online and listen to people on television and they take it down as gospel; they are afraid to own their likes and dislikes." **WHL**

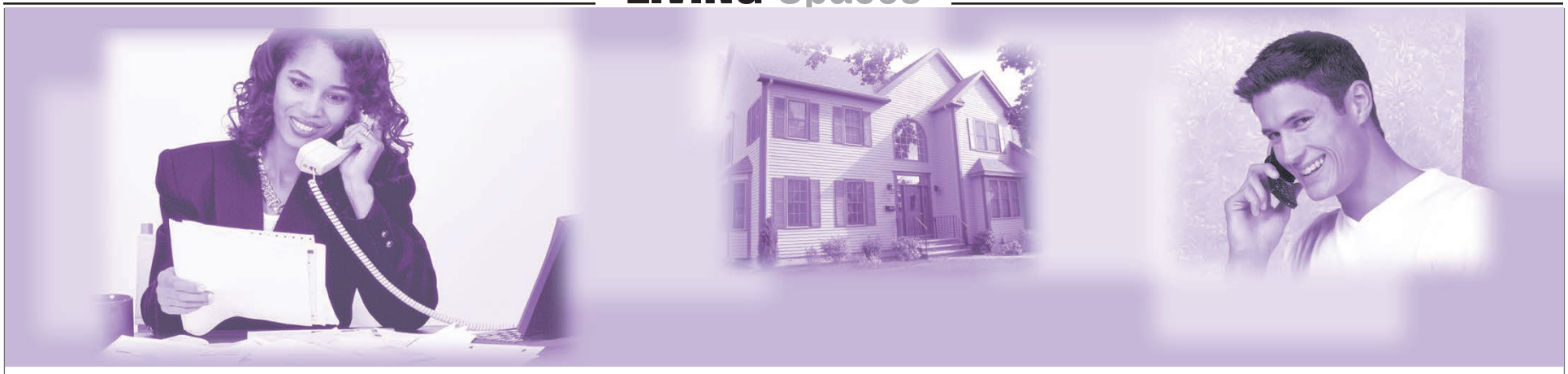
OLDE TYME SERVICE
Painting All Phases
Interior – Exterior
Carpentry
All Your Remodeling Needs
CELEBRATING 20 YEARS IN BUSINESS
– A Full Service Contractor –
Andrew 860-930-0392 Adam 860-930-1139
Office 860-659-1296
OLDETYMESERVICELLC.COM

J&R FULLY INSURED
ULTIMATE CONSTRUCTION
ROOFS FOR LESS
For Free Estimate Call Rafal
Lic #:HIC0607969
SPECIALIZING IN
• ROOFING
• SIDING
& GUTTERS
Cell: (860) 402-7116
Office: (860) 826-1253

Hickory Home Restoration
Complete Remodeling Contractors
• Complete exteriors including porches, vinyl siding, cedar clapboards and shakes
• Structural repairs exterior/interior
• Custom kitchens, finished basements and attics
West Hartford
860-906-1030
lic #0642917
fully insured
email: hickoryhomerestoration@gmail.com

PROPERTY MANAGEMENT SOLUTIONS
FOR RESIDENTIAL
REAL ESTATE AND
INVESTMENT PROPERTY
R& M PROPERTY
MANAGEMENT SOLUTIONS
361 PARK RD., WEST HARTFORD
860-924-6610
WWW.BUSHRE.COM
We offer complete and customized Property Management and Real Estate services.

10' X 10' KITCHEN
Starting at
$3,999
with Cabinets, Granite Tops and Sink
• Maple cabinets with raised panels
• Solid plywood construction
• Dovetailed wood drawers
• Custom granite countertops
• Stainless steel under-mount sink
• Free Estimate
ROYAL KITCHEN & BATH
565 New Park Ave., West Hartford
736B N. Colony Rd., Wallingford
860-899-1144 royal-kitchenbath.com
email: royalhomekitchen@gmail.com



Uh-oh

To avoid mistakes, call an expert

by Alicia B. Smith
Staff Writer

Never is the I-can-do-it spirit more alive and well than while walking through a hardware store. The possibilities are endless. Paint? I can do that, – just look at all the tools to help. Clog? I can clear that; I love snakes. Install a ceiling fan? No problem. No really, I can even buy a ladder to help.

Homeowners have different abilities, and there are many do-it-yourselfers who are proficient enough to handle jobs around the house. There are,however, times and issues that require a professional. Experts can ensure a job is done safely, know when a job may require special permits and can ultimately save money.

"Other than changing your own light bulbs or resetting the circuit breakers, I highly stress you call a professional," said

Spring is Here!
Shrub & Perennial Sale
July 5th thru July 14th!
We are your one stop shop for all things gardening
• Largest Selection of Annuals, Perennials, Trees & Shrubs
• Landscape Design & Installation
• Full Service Garden Center & Florist
Farmstand now open
Fresh corn daily!
Take 20% Off Any One Regularly Priced Item!
(Exclusions: cannot be combined with other offers, valid at our West Hartford location only. Carry out sales only. Expires 7/31/16
Moscarillo's GARDEN SHOPPE
2600 Albany Ave., West Hartford • 860-236-5487
www.moscarillos.net • Follow us at: facebook.com/moscarillos
FLORIST OPEN 7 DAYS A WEEK
Delivery to West Hartford, Avon, Simsbury, Farmington, Bloomfield, Hartford

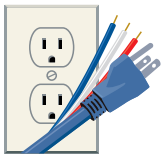
Chris Shannahan, owner of AA Electrical Service in West Hartford. "Although changing out a broken switch or receptacle may seem easy and it may work, you could be creating a fire hazard. All electrical connections have to be torqued to a certain degree. Too tight can be as bad as too loose."

Licensed electricians go through a four-year apprenticeship before they can test to get their license, Shannahan said.

"I can't count how many times I've been called in after a homeowner has done something and it's backfired," he said. "I find it much easier to come into a house that hasn't been touched by a do-it-yourselfer. We could spend countless hours trying to redo what has been done. Just because it works doesn't mean its safe."

The list below alerts homeowners to when to call an expert.

Before hiring someone to perform work, be sure they are licensed and insured. WHL

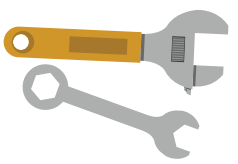


Electrician

Licensed professional responsible for all the electrical and power systems, maintains the wires and control equipment in which electricity flows

When to call:

Install wiring systems
Upgrade electrical systems
Repair or replace electrical equipment such as circuit breakers, fuses or switches



Plumber

Licensed professional installs, repairs and maintains fixings relating to the distribution of water

When to call:

Low water pressure throughout
No hot water
Sewer line is not draining
Frozen pipes
Water line damage
Installation of new pipes, sinks or tubs
Septic tank leaks
New construction requiring building permits

Carpenter

Installs, constructs or repairs structures and fixtures

When to call:

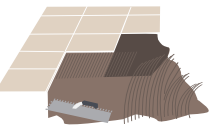
Built-in cabinets, closets, storage
Customized pieces of furniture
Additions
Remodeling or renovations
New doorways, windows, walls affecting the stability of the structure

Landscaper

Develops and maintains gardens, takes care of any work relating to the yard (raking, mowing, trimming, planting, etc.)

When to call:

To save time
To install a new garden or plantings
For large jobs such as walkways or retaining walls



Flooring contractor

Installs floors (hardwood, tile, carpeting, etc.)

When to call:

For complicated or large projects
When high-quality work is required

Handyman

Person who does odd jobs

When to call:

When looking to get a small job done, one that does not require specialized services from a licensed contractor, such as electrical or plumbing work
For jobs that may be difficult due to age or disability

Appliance repairperson

Installs and repairs stoves, refrigerators, dishwashers, garbage dispoals and other appliances

When to call:

If a washing machine is vibrating or moving
You detect a burnt smell around any appliance
Moisture is visible around any appliance
There is an abundance of lint near the dryer
You notice a buzzing or another unusual sound near the appliance

"I can't count how many times I've been called in after a homeowner has done something and it's backfired."

– Chris Shannahan

Fully Insured
Mark's LANDSCAPING LLC
Free Estimates
MAINTENANCE • INSTALLATION
For All Your Landscaping Needs
Commercial & Residential Lawn Maintenance
Spring Clean Ups • Weekly Mowing
Topsoil, Mulch, Stone Installation
Hydro-seeding
Foundation Plantings
Call: 860-250-0101
markslandscapingllc@gmail.com

READ LIFE ONLINE AT
www.TurleyCT.com
TurleyCT
COMMUNITY PUBLICATIONS

HALL WAYS

Get more out of your passageways

by Lynn Woike
Editor

"I started my practice in a hallway," said John MacFarlane of JWM Architects LLC in Glastonbury, who offered ideas about how the often boring passageways might be enhanced.

He took off the bi-fold doors to the coat closet in the hallway and added a drafting board, a chair and shelves.

"It was a pretty good workspace. I practiced out of there for three or four years," he said.

This was in 1989 – before computer aided drafting. Now, he looks for transitional spaces, like small alcoves within a hallway, that can be reprogrammed to serve as a home computer station, an office, a homework center or a small reading area.

"I always go after those second floor hallways under the roof volumes," he said. "They often have spaces, you can make into a terrific office spaces especially with the current trend of executives working from home. If it is partially

QUALITY CUSTOM FENCES

CAPE COD FENCE CO.
LIC. #562166

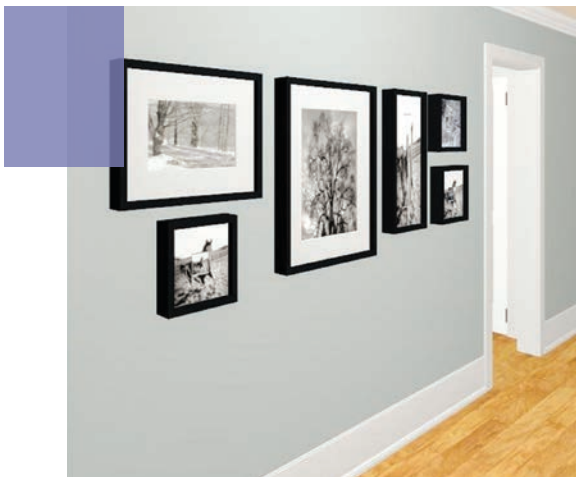
WOOD • VINYL • ALUMINUM • CHAIN LINK
Privacy Fences • Arbors • Gazebos • Outdoor Furniture
Amish Built Sheds • Woodplay Playsets
Complete-Do-It-Yourself Center
INSTALLATION AVAILABLE YEAR-ROUND
Call today or visit our showroom at 30 Old Albany Turnpike, Canton, CT 06019.
capecodfence.com 860-673-3211
PROVIDING QUALITY SERVICE SINCE 1956

NEW ENGLAND PATIO & HEARTH
There's A Style To Living
974 Silas Deane Highway • Wethersfield (860) 563-1000
65 Albany Turnpike (Rt. 44) • Canton (860) 693-0436
www.newenglandpatioandhearth.com
Outdoor Furniture • Wicker • Fireplace Furnishings

open or fully open to the floor below, like a balcony, it also serves as a command station to the entire home – you know where the kids are and what they are doing."

When designing new homes, MacFarlane said one of his favorite "tricks" is to put a window at the end of a hallway, allowing light to come in and offering a view of the outdoors. It visually reduces the length of the hallway.

In some instances, it would still be possible to add a window – the effort would be worth it.



Art gallery

West Hartford resident Kirsten Floyd of Kirsten Floyd Interior Design suggests turning a hallway into an art gallery by starting with a neutral paint.

"Many colors can be considered neutral; even some grays and blues can be a good background, depending on what you're hanging. For example, if you have black-and-white family photos, a pale blue is a nice backdrop, making the black and white pop," she said.

"If the hallway is narrow, hang art just on one side so that the space does not become too busy," Floyd recommends.

Ideally, the pieces hung should be related in style.

"You could have several different sizes if they are all simple black frames – that would be what ties them together. You could also collect old frames with ornate moldings and spray them all in silver or gold to give them a shared relationship."

Floyd offered suggestions for getting a series of artwork – from buying identically framed thematically similar pictures at your local art gallery or buying a vintage book and framing some of the illustrations. A series of old postcards all framed the same would also be cohesive.

For something different, she suggested using molding to create a frame on the wall, proportional to the size of the hallway, and putting wallpaper inside.

"This is a fun way to incorporate a wallpaper design without committing to the whole hallway," she said.

Whatever you choose, painting the ceiling in an accent color will make the space special. To complement light blue, Floyd recommends a pale coral.

Drama

"I'm all about creating a dramatic space in small tight nooks. Hallways that are dimly lit and long always invite the question, 'What do I do with this space?'" said Kellie Burke of Kellie Burke Interiors in West Hartford. "This allows for the perfect opportunity to make a dramatic statement in your home and step away from traditional hallway decor."

She used floor-to-ceiling artwork to make a lighted, glassy reflective space.

"We are backlighting these acrylic, glossy super-sized art pieces and running them nearly wall to wall, ceiling to floor to create a contemporary art gallery that will add tremendous depth and dimension to an otherwise dark path. It will provide an alternate indirect lighting that is moody and intentionally theatrical," she said.

Hallways leading to bedroom suites with this installation help create a user experience, and it acts as a great transition into the space.

"The drama comes from the fact that the art pieces are installed from floor to ceiling to cover the majority of the wall. The lighting adds a nice accent and dimension to the otherwise flat pieces. It's a super trendy idea."

Paint

"When an architecturally plain hallway needs jazzing up, turn to paint," said interior designer Patricia Wolf Canzanella of Wolf Interiors.

To make the long, narrow space seem wider and more dramatic, she suggested painting stripes in two colors.

To start, use FrogTape to outline three- or four-foot sections along the floor, going horizontally (the short way, from wall to wall). She suggested a dark color, such as charcoal gray, and white – both in a high-gloss finish – and using floor paint to withstand foot traffic.

WALKWAYS • WALLS • PATIOS • PAVERS • POOLSCAPES
DELIVERY OF MULCH, STONE & TOP SOIL
Landscape Design • Lawn Maintenance • Pruning • Stump Grinding
Brush Chipping for Trees • Bobcat & Excavator Services
Grading of Lawn Areas for Sod and Seed • Debris Hauling
Installation & Removal of Plants, Shrubs & Trees • Hedge & Shrub Trimming
Griffin LANDSCAPING, INC.
Check out our updated photos
860.257.3146
GRIFFINLANDSCAPING.COM
100914

Everything for Your Home
Seamless Gutters & Gutter Protection Systems
Roofing
Vinyl Siding
Trim Fabrications
Windows & Doors
Complete Residential & Commercial Property Management
Free Estimates, No Pressure
Deck & Railing Systems
Landscaping & Grounds Maintenance
Kitchen & Bathroom Renovations including Granite Countertops
Licensed: CT -HIC. 0510051 • CT-CAM.0000680 • Fully Bonded & Insured • In-House Employees
MAGEE COMPANIES
Remodeling Contractors
Property Managers
Professionalism Since 1972
WINNER! BEST OF Hartford MAGAZINE 2010 2011 2012 2013 2015 2016
860-953-2200
7 CODY STREET • WEST HARTFORD, CT
MageeCompanies.com
BBB ACCREDITED BUSINESS

For the walls, alternate vertical stripes inthe same colors, choosing paint with a matte finish.

"The ceiling can simply be painted a high-gloss white for light reflection, or, if one is daring, in charcoal gray or another color for drama," Canzanella said. "There are endless possibilities when planning this look. Experiment with color and also sheen levels for added interest."

Navy and white would work for a beach house, while gray and chocolate brown gives a masculine look.

"Even adding metallic finishes to the walls or ceiling will provide glamour," she said.

Canzanella recommended painting the hallway's ceiling first, the walls second and the floor last.

"So, measure and divide, tape and paint, and a boring hallway will soon turn heads," she said.

Fake a view

"In a hallway, you'd want to open the space because it's a long stretch and there's lots of ways you can do that," said Judith Bird of Judith Bird Art in Burlington.

Some of the murals she has done in area homes involve trompe l'oeil, a technique that tricks the eye by painting an illusion of something that isn't there.

"For example, at the end of the hallway, you paint a stone pathway leading to a garden," Bird said. "That opens up the space by creating the illusion of an exterior view."

Including a ceiling mural can also add a sense of spaciousness. "If you had a forest or garden scene, you'd have some of the plants climbing up toward a painted sky," drawing the eye upward and around the space.

Another way to open the hallway is to use tone-on-tone colors with an oversized, free flowing pattern, such as leaves or blossoms, that invite the eye to move around the walls.

A wooden floor also offers possibilities, she said.

"You could paint an Oriental carpet that really isn't there to add interest to the space," she said,

explaining that all these options "shift the view and add interest to a space that normally people would walk straight through."

Lighting

Ray Christensen, owner of Ray Lighting Design + Studios, LLC in Hartford has designed cable and monorail lighting for hallways, mounting it to extend the length of the space.

"You can hang little light spotlight fixtures angled to illuminate art or key features such as doorways and steps," he said. **WHL**

47th ANNIVERSARY
Family Operated
EXTERIOR PAINTING
"With Attention to Detail"
Custom Interior Painting
Since 1973, Over 2200 Aluminum Sided Homes Repainted
Power Washing
Preparation Specialist – "No Payment Until Completion"
Historic Restorations
Paint/Stain/Full Carpentry
Call Jim Charter 860-646-7668
CHARTER PAINTING & RESTORATION SINCE 1969
www.charterpainting.com
Insured CT Licensed #HIC.0619547
CIT3-7-13

WET BASEMENT?
TRUST IN OUR 40 YEARS OF EXPERIENCE
Rocco Balesano Contracting LLC
Foundation Cracks
Basement Drainage Systems
Yard Drainage
Sump Pumps
Window/Dry Wells, etc.
Call for a free estimate and never deal with a wet basement again!
860-236-0071
LOCALLY OWNED AND OPERATED FULLY INSURED
ALL WORK GUARANTEED SENIOR DISCOUNT

ANDY WOTTON PLUMBING & HEATING, LLC
(860) 833-8153
Old fashion, honest, reliable service at a reasonable price. All residential plumbing, repairs done from leaky faucets to oil/gas heat conversions.
Call today and we will show you quality still makes a difference!

HARMONY
Home Improvement
100% FINANCING AVAILABLE
Creating a Harmony customer, contractor & community
ROOFING • SIDING • WINDOWS & more...
CALL NOW for our SUMMER ROOFING SALE
CALL NOW for a FREE upgrade to lifetime shingles with this ad only
860-645-8899
lic. #604200/ Fully Insured/Free Estimates
Factory Certified with GAF CertainTeed
022411

Paul K. O'Doherty
Master Carpenter
30 years experience
ANDERSEN! ANDERSEN! ANDERSEN!
WINDOWS • DOORS Andersen
PK Windows LLC
Craftsmanship • Integrity • Value
$100 OFF
our low prices on Andersen and Harvey Windows
860-628-1173
www.pkwindows.com
Master Carpenter - 30 Years Experience
H.I.C. #612970

Garden variety

See what you can do with $500 and a weekend

by Sloan Brewster
Staff Writer

A butterfly garden is a fine way to spruce up your landscaping and can be done with $500 and a free weekend.

"Just a little quiet corner where you could sit and enjoy watching the butterflies and hummingbirds," said Don Warner, owner of Warner Nursery in Simsbury.

When first considering what a homeowner could do with the money and time, Warner suggested adding some color with colorful annuals or perennials.

Not a bad idea, but then he thought better of it and decided on a more intriguing project.

"How about if we create something?" he asked.

To start, he said to find a nice spot in the backyard where you can enjoy watching butterflies. Add a nice butterfly bush, which will also attract hummingbirds.

"We're going to introduce a bird bath to add some

Reupholstery • Slipcovers • Fabric • Furniture • Custom Window Treatments • Wallpaper • Flooring

Jazz Up
Your Home for the Summer!

40% Off
Re-Upholstery Labor
20% Off
Custom Window Treatment Labor
10% Off
All Fabrics

FREE In-Home Consultation
Showroom by appointment only.

Old Lyme 860-434-4242 | Hartford 860-244-3475 | Toll Free 877-688-3475

Family owned & operated showroom & workroom since 1929
EHRLICH DECORATING & UPHOLSTERY LLC
*Previous orders do not apply. Only applies with purchase of our fabric.
Showroom & Workroom 3324 Main Street, Hartford, CT
www.ehrlichdecorating.com
Not Affiliated With Ehrlich Interiors in Farmington

We Clean Windows and Gutters
so you don't have to!
Commercial and Residential
• Free Estimates • Uniformed
• Fully Insured & Bonded • Reliable
FISH WINDOW CLEANING®
860-249-1558
www.fishwindowcleaning.com/3053

Water Problems?
30+ Years of Stopping All Types of Water Leaks!
From Roofs to Basement Waterproofing
Hatchway Stairwells • Foundation Cracks
Window Wells • Chimneys
Slate and Flat Roof Repair
Entrusted to work on churches, schools, hospitals and other landmark institutions as well as the residential market since 1983.
Just Google JP Bachand Contracting for website and more.
JP Bachand Contracting
860-666-9737 Newington
CT Department of Consumer Protection Reg. # 0511842

-thing interesting," he added.

Next, surround the area with seasonally flowering perennials and, for immediate color, put in some annuals.

"Look at the color scheme," he advised. "There's such a range of color, from whites to pinks to reds to yellows."

Add plants that complement them or bring in foliage, possibly some hostas for background.

"Edge out that whole area ,then mulch it with some kind of natural mulch," Warner said. "And I think once you did all that you'd have $12.99 left to go buy a pack of beer and go sit and watch the butterflies, or a good bottle of wine."

Jennifer Mooney, who owns Paula's Perennials in West Hartford with her mother, Paula Mooney, liked the idea of the butterfly garden.

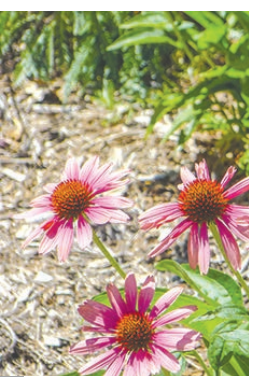
"I love the idea about a pollinator garden because we're in serious trouble with bees," she said.

A nice compliment would be to incorporate a shade garden somewhere else on the property, using native plants because they require less care and effort.

"They already know how to survive in our environment," Mooney said. "They're really low risk and they do really, really well."

"[Native plants] already know how to survive in our environment. They're really low risk and they do really, really well."

– Jennifer Mooney



Native plants are great when you're on a budget.

"They're going come back next year and multiply," Mooney said.

A dogwood is a great tree to plant where there are other trees because they can tolerate shade, she said.

"Start with a tree like a dogwood ,and you can plant a garden around it," she said.

Other natives she recommended include echinacea – which would be a great addition to the butterfly garden – Ruby Star Coneflower, black-eyed Susans and azaleas.

"[That's] one of the old classics," she said. "It's red; it looks like a daisy."

Stay away from crossbred flowers, especially when working on a budget.

"They don't do as well," she said. "If you're on a budget, you kind of want to avoid that stuff. If you're not on a budget, buy what you want. Go bananas."

It's important to make sure to prepare the soil properly for healthy plants, and it's best to plant in the spring or summer.

"Cultivate it, take out grass, put in compost," she said. "When you're creating a garden, you have to think about the roots of the plant. ... It's getting all its water and nutrients through its root system."

Adding some peat moss will help make a healthy root system.

One of the most important aspects, as far as Mooney was concerned, was making sure to buy healthy plants by pulling them out of the pot and looking.

"If it's been there forever, it's really root bound," she said.

She also advised going to local nurseries, where she said there is usually someone who will help and offer advice about gardening. WHL

PATIO FURNITURE NEED REPAIR?

Refinish,
Re-Strap,
Re-Sling
Recycle
& Save...

Please send photos for a quote to
chaircareinfo@aol.com

CHAIR CARE

Factory Authorized
www.chaircare.com
1-800-809-4494
80 Kendall Street, New Haven, CT 06512

Servicing ALL Brands Including:
- Brown Jordan
- Knoll
- Tropitone
- Woodard
- Molla
- Winston
- Salterini

Large color selection • Pickup & Delivery

A trusted, creative, and experienced design/build team

CHRISTINO
KITCHENS & REMODELING

Visit our new showroom with the latest styles, colors & products for your kitchen and bath.

730 Hebron Ave., Glastonbury • 860-430-2661 • www.christinokitchens.com

How to 'summer-ize'

It's time to bring a fresh, seasonal touch to your living spaces

by Alicia B. Smith
Staff Writer

As the weather heats up, it's the perfect time to bring some relaxed coolness to your home to "summer-ize" your living environment.

Ann Wincze, owner of Blumen Laden in Collinsville, has a shop full of blooming ideas, and she has some suggestions that she uses in her own home, too.

One of her favorite summer accessories for decorating is a simple, versatile project. Using a tall, clear glass cylinder, Wincze fills it with different things. It might be a sea theme, with starfish or seashells.

In the kitchen, she will use a similar cylinder and fill it with lemons or limes.

"It gives you fresh look," she said. It's practical too, as the lemons can then be used to make lemonade.

Seasonally, Wincze likes to change out the artwork in her home.

"I have winter artwork. The summer flowers and landscapes come out for spring and summer. It can totally transform a room. I also have things for fall," she said.

Wincze said, too, that swapping out her curtains for summer with lighter fabrics helps brighten the rooms.

In addition, she puts up sheer curtains in her screened-in porch.

"It gives it a nice look and keeps the pollen out," she said.

Creating an indoor garden is another way to freshen up a summer room. Using succulents is a great option, they do not require a lot of water. Simply fill a large, watertight bowl with dirt, add the plants and leave it on a counter.

With minimal cost, a room can be equipped with a lighter, breezy feel by putting slip covers on furniture in a lighter fabric, such as linen. This, Wincze said, can bring in brighter colors and allow for accessories, such as brightly colored throw pillows to add a splash of color.

No one wants to be stressed during the easy-going summer months, so she suggests selecting one or two rooms – the ones you are in the most – to focus on with some seasonal changes.

Emmy Lou DeBari of Emmy Lou's in Glastonbuy has a customer with a side table inside her house that she uses solely for seasonal decorations. As the seasons change, she changes the items on display for an easy way to change things up and celebrate that time of year.

"It's always something different to look at in your house," DeBari said.

Other ways to add summer flare to your home are to use summer-themed placemats or to purchase a lightweight and lighter color throw to toss on the bed.

Most people like to be outside in the summer, and there are seasonal decorations that can be enjoyed there as well.

DeBari suggests adding a door piece to the front door. This could be planters for flowers, flags and swags.

"It enhances your house," DeBari said. "From the street, it looks like your home is really cared about."

DeBari said she has a planter in her garden that she cannot reach to water. Instead of struggling, she simply put silk geraniums in the spot for a flash of color with no maintenance required. WHL

MAGLIERI
construction & paving inc.
QUALITY & SERVICE
Since 1975
Commercial & Residential

DRIVEWAYS • PARKING LOTS
ROADWAYS • CURBING
EXCAVATION • GRADING
DRAINAGE • MILLING
SEALCOATING • RECLAIMATION
Call For FREE Estimates
860-242-0298
Licensed & Fully Insured LIC # 523704
39 West Dudley Town Road, Bloomfield
www.maglieri-construction.com

WE'RE THE GOOD GUYS
CUSTOMER SATISFACTION • NEAT, CLEAN, PROFESSIONAL
Professional Dependable Company • All Aspects Of Electrical Work
• General Repairs • Home Inspection Repairs • Outdoor Lighting
• Motors & Generators • Fire Alarms • Security • Computers
• Remodeling Bathrooms, Kitchens, Basements • Roof Deicers
• Bath Fans/Paddle Fans • Fuses Upgraded to Circuit Breakers
• Cable TV Wiring • Bucket Truck • Electrical Repairs to Existing Wiring
All Work Guaranteed • Same Day Service
AA ELECRICAL SERVICES
AA ELECTRICAL
E1-102626
860-953-8830
www.connecticut-electrician.com
134 Reed Avenue • West Hartford

CLASSIFIEDS

Avon • Canton • Farmington • Glastonbury • Newington • Rocky Hill • Simsbury • West Hartford • Wethersfield

Cleaning Services

ADA'S HOUSE CLEANING – Quality personal service. Weekly, biweekly, or monthly. Specializing in help to clean before closing/moving or one time cleaning. In business since 2000. Call 860-521-3823 or 860-944-6541. Lic & insured #1110413.

CONSTANTE SERVICE - For your house, apartment, condo, or office. Consistent and high quality cleaning service. References available by text or email please (I speak very little english). 860.248.5618 or 860.890.0949 Eliete_Eua@hotmail.com

Help Wanted

PART-TIME MAINTENANCE/ JANITORIAL WEST HARTFORD Duties will include cleaning/driving residents to appointments and assisting maintenance superviser as needed. Must have an excellent driving record and experience. Hours are Mon-Fri. 8am-1pm. Call 860-561-5610 or email resume to: courtofsaintjames@gmail.com

GOOD ATTITUDES REWARDED. MERRY MAIDS NOW HIRING full time or part time. Must be able to work Monday-Friday from 8am-5pm. No nights, holidays or weekends. Must have own car, driver's license and insurance. Please call 860-563-8367 to set up an interview.

I Buy Houses

I BUY HOUSES AS-IS. CASH. Call today 860-674-9498 or Email: john@boucherbuilding.com CT. REG. # 530518

Wanted to Buy

PAYING CASH for old mahjong sets, incomplete sets okay. 860-231-8466.

Services

BENEDICT OVERHEAD DOOR. Is your one stop for all garage door problems. CT HIC #0621772. Call 860-828-2951.

RH MASONRY SERVICES, LLC - All masonry from new construction to repairs of walkways, patios, pool decks, chimneys/fireplaces, retaining walls. Brick, stone, veneer, pavers, etc. Licensed and Insured. Free estimates. 860.483.0139 www.rhmasonryct.com

Services

BATHROOM REFINISHING. Tub and Shower Replacement -economical to custom. Do the job right - replace - don't cover up. Toilets, sinks and vanities as well. Reasonable, licensed and insured. Charles Peterson 860-839-0246.

ANDY WOTTON PLUMBING & HEATING, LLC 860-833-8153. We offer honest plumbing at a reasonable price. Estimates are always given before any work is done. From snaking your main drain to water heaters and boilers, faucets and leaky pipes - WE DO IT ALL. Remember with Andy Wotton Plumbing, it's not done until you say it is. Call today 860-833-8153. Licensed and insured P10282605 S1 0402048.

Services

CHS CARPENTRY. Kitchen & Bathroom full remodeling, windows, doors, decks, porches, cabinets, installation, paint, custom tile installation, drywalls, siding, rooing, floors & trim work. Fully licensed & insured. References available. Reg.#612982 Call 860-803-5535 or email chscarpentry@live.com

Z-THE HANDYMAN, LLC HOME IMPROVEMENT. Interior. Exterior. Painting, flooring, decks, power washing, vinyl siding, roofing, etc. Don't pay high prices, Call 860-690-2855. Ask for John. Licensed & Insured.

PIANO TUNING AND REPAIRS by Hartt School of Music trained tuner. Piano cleaning and climate control also available. Contact Ted Williams 860-228-0309. or call 860-940-8713

Services

DAVINO ANTIQUE CLOCKS -Antique Clock Repair - Repair and maintenance service for antique and vintage clocks. House calls available. 860-402-5585 www.davinoclocks.com

PROTECT YOUR INTELLECTUAL PROPERTY. Patents, trademarks etc. Call Ted Paulding. No longer representing the big guys. Now helping the little guys become a big guy. 860-474-5181.

HOME WATCH SERVICE - THE ALTERNATIVE TO HOUSE SITTING for snowbirds, vacationers, empty homes for sale. Professional & Insured. www.mindyourmanorct.com. 860-805-6226

WE BUY USED BOOKS. Price varies by book, most around $1.00. Top dollar paid for newer college textbooks. Visit us at donateorsellbooksct.com

Services

THERAPEUTIC MASSAGE - LIC # 002425 - ANDRZEJ BARTKOW Sport, Deep Tissue, Relaxation, Myofascial. Office address: 558 Prospect Ave., West Hartford. $65.00 for 1 hour. Please call for appointment. 860-944-4637. New clients $20 off first visit.

SECURITY AND FIRE ALARM SERVICES - Sales, installation, service and monitoring of all brands of equipment. Free takeovers of existing systems, free installation on new systems with purchase of equipment. Monthly monitoring rates as low as $20. Call ALL SYSTEMS ELECTRIC, LLC at 860-436-4957 or visit our website at www.ase-ct.com.

JCWEB - WEBSITES DONE RIGHT. JCWeb makes professional business websites and gets you listed on Google and up to 90 different directories. Call James at 860-940-8713 or visit www.jcweb.org

Gamblers Anonymous

Gamblers Anonymous can help you. Take back your life. Phone: 855-2-CALL-GA 855-222-5542 to speak with someone. Gamblers Anonymous is a non-profit fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem. www.gamblersanonymous.org.

Classified Ads:

$40 for up to 20 words, 30¢ each additional word

Classified Ads run monthly in all 6 of our local publications. If ordering by mail, please make checks out to TurleyCT or provide your Credit Card information. PAYMENT MUST BE RECEIVED BY DEADLINE OR YOUR AD WILL NOT RUN. We accept Mastercard, Visa and American Express. Make checks payable to TurleyCT.

3 WAYS TO PLACE A CLASSIFIED AD!
Call: 860-264-5656
Email: mlabier@turleyct.com
Mail: TurleyCT
Attn: LIFE Classifieds
PO Box 497
Simsbury, CT 06070

Name (PRINT) _____

Company: _____

Address: _____

Phone: _____

Check or Card # _____

Exp Date _____ *Security Code* _____

No. of Months to run: _____

AD TEXT _____

BY MARK DIXON
WFSB METEOROLOGIST [AMS]

The Summer Weather Alerts

Watch, Warning – very different types of alerts. Here in Conn-ecticut, we all need to be familiar with the terminology, given the diversity of our seasons. During this time of year, the 2 categories typically apply to 3 different scenarios: Flooding, Severe Thunderstorms and Tornadoes.

A Watch, when issued ... is for a large area (multiple counties/states), is long duration (usually for a timespan of 4 to 8 hours) and often in place well in advance of any development. Essentially, this alert is a 'heads up' ... to be mindful that the potential exists for severe weather.

Conversely, a Warning is issued when severe weather is imminent or occurring. The geographical area is much smaller and encompasses a timespan of an hour or less, in many cases. This alert means one should seek shelter.

It's important to point out that a Watch does NOT need to be in effect for a Warning to be issued.

Also, there is specific criteria for a storm to be classified as SEVERE. For one to be deemed as such, there needs to be hail one inch in diameter (or larger) and/or wind 58 mph or stronger. While lightning can be deadly, it is not part of the definition.

Stay with Channel 3 Eyewitness News for the very latest and track any developing weather online or through our app! WHL

TurleyCT Community Publications
Life Publications The Valley Press The West Hartford Press
To advertise call 860-651-4700 • TurleyCT.com

Assisted Living with services tailored to your needs.

No two people are alike. Every individual has different interests and different needs. That's why we don't take a one-size-fits-all approach – our care is customized to give you as much as you need.

As a resident of our Terraces' neighborhood, you can enjoy the privacy and comfort of a one- or two-bedroom apartment with the security of Personal Care Attendants available 24/7 for a range of assisted living services. Plus, you'll be part of The Heights vibrant senior living community with a full range of activities and priority access to our full continuum of health care services.

And, unlike other senior living communities, there's **no entrance or buy-in fee**. You'll live life to the fullest with complete peace of mind for the future.

We'll help make your move easier.

You'll get up to **$1,000** towards our moving company services, including our downsizing specialist who will help set up your apartment so when you arrive, your new home will be ready. Enjoy all of this plus one month's FREE rent!

550 Avery Heights • Hartford, CT 06106

Come explore The Heights

Join us for an Open House and Luncheon:

Sat., July 9th and
Wed., July 20th.
Event starts at 10:45 a.m.

For more information, or to RSVP for upcoming events, call:

860-953-1201 ext 403

The Heights
Avery Heights • A Village of CHI

COLDWELL BANKER
RESIDENTIAL BROKERAGE

WEST HARTFORD – Unique colonial w/many updates including chef's kit, open flow 4-5BRs, 4.5 baths, master suite w/FP, custom indoor pool pavilion & elevator! $799,900

Michael Antisdale 860.803.6560

FARMINGTON – Discover classic comfort, classic style in this fantastic 3BR/3+BA condo. Cozy fireplace. Extraordinary design and elegant appointments. $599,900

Tracey Hollerbach 860.305.7993

HIGHLAND LAKE/WINSTED – Your dream waterfront home awaits you on Highland Lake! Fully remodeled 3BR/3BA year round property w/FPed LL, gorgeous, level yard & dock directly on the water. Separate boathouse & garage. Enjoy the stunning lake views.

T. Dalton Faenza 860.205.4263

WEST HARTFORD – NEW PRICE for this wonderful expanded Cape situated in a picturesque setting West of Mountain Road. 4BR, 2.5BA, new country kitchen, family room and year round porch. Walk-out lower level and C/A. $375,000

Sherri Schwartz 860.883.0178

WEST HARTFORD – So much value in this sprawling ranch just steps from Bishop's Corner! 4 bedrooms, 3 baths, formal LR & DR, eat-in kit, hw floors, gas heat, CA, 2 car garage. Master suite w/brand new full bath. $349,900

Michael Antisdale 860.803.6560

HARTFORD – Handsome 10 room Colonial Revival in historic West End has a gracious entry hall, an exceptionally large living room with expansive bay window, a gorgeous wood paneled library, 3 fireplaces. $339,900

Natalie Mendes 860.748.8052

WEST HARTFORD – This house has it all, 8 rooms, 3BR, 2.1BA all within 1926 sq ft. Thermal pane windows, vinyl siding, hardwood floors, new driveway, sprinkler system & CAIR. $339,900

Merin-Horner Team 860.989.8882

FARMINGTON – Quintessence of quality, charm & style. 3BR/3BA, LR w/gas fireplace, 4 season sunroom, EIK, DR, 1st floor Master Suite, hardwood floors. Adult community. $335,000

Phyllis Atkins 860.670.1776

WEST HARTFORD – Enjoy the easy lifestyle of condo life while living close to shopping, restaurants & highways. Tons of natural light flowing through this urban-like oasis w/up to the minute finishes. Pristine condition, wood floors throughout, granite in kitchen & baths, high end cabinetry, 10' foot ceilings. $289,000

Tracey Hollerbach 860.305.7993

WEST HARTFORD – Turnkey condo at the Grosvenor House on Prospect Ave! Enjoy one-level living in this spacious home featuring huge foyer, bright white eat-in kit, open liv rm/dining room, 2BRs, 2BAs, den, gar pkg. $275,000

Michael Antisdale 860.803.6560

WEST HARTFORD – Charming 3BR, 2 full BA Colonial. Hardwood floors throughout, freshly painted. Large living room with wood burning fireplace. Kitchen with breakfast bar. 1st floor laundry. $249,000

Chris Scigulinsky 860.906.7726

WEST HARTFORD – Cute as a button and clean as a whistle! Just waiting for new owners to move in. 1 flr living, CA, vinyl siding, hdwd flrs, laundry hook ups on 1st floor & downstairs. Big backyard with raised garden bed for flowers or vegetables. $155,000

Tracey Hollerbach 860.305.7993

FARMINGTON – Rarely available spacious Town house with 2BRs and 2.1BAs in the Old Mountain Village Complex. Close to West Hartford reservoir and the Center, but the benefit of Farmington taxes. $269,000

Mary Rose Sinatro 860.614.4566

WEST HARTFORD – New to the market on rarely available St. 3 bedroom 2 bath Raised Ranch in move in condition! Hardwood floors, updated kitchen, family room, deck. $239,900

Sherri Schwartz 860.883.0178

NEWINGTON – Updated 3BR,1 bath ranch in popular neighborhood! One level living with new flooring & appliances, fenced yard, patio & 2-car garage. Great for downsizing or condo alternative. $199,900

Michael Antisdale 860.803.6560

HARTFORD – Build equity and stop paying rent! You can put 5% down and pay less than $1,400 per month out the door! This top floor unit has lots of character and is close to everything in Hartford. $132,900

Sean Page 860.966.6761

Sylvie Fillion, Mortgage Representative & Senior Loan Officer For Special Financing Opportuinties On Any Of Our Listings, Please Contact Sylvie at 860-570-2520 • NMLS #110720 & CT #5584

West Hartford Office | 36 LaSalle Road | West Hartford, CT 06107 | 860.231.2600

ColdwellBankerHomes.com

©2016 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Operated by a subsidiary of NRT LLC. Coldwell Banker, the Coldwell Banker Logo, Coldwell Banker Previews International, the Coldwell Banker Previews International logo and "Dedicated to Luxury Real Estate" are registered and unregistered service marks owned by Coldwell Banker Real Estate LLC.

COLDWELL BANKER PREVIEWS INTERNATIONAL

COLDWELL BANKER RESIDENTIAL BROKERAGE